



Eggnog Custards With Candied Cherries

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



225 kcal

DESSERT

Ingredients

- 0.3 cup bourbon
- 6 servings candied cherries
- 5 egg yolks
- 6 servings ground nutmeg
- 2 cups half-and-half
- 0.3 teaspoon salt
- 0.3 cup sugar
- 1 teaspoon vanilla extract

Equipment

- sauce pan
- oven
- knife
- whisk
- wire rack
- baking pan

Directions

- Place six (6-ounce) custard cups or souffle dishes in a 13" x 9" x 2" baking pan; set aside. Beat first 4 ingredients with a wire whisk until thick and pale; set aside.
- Bring half-and-half to a simmer in a small heavy saucepan; remove from heat. Gradually stir about one-fourth of half-and-half into yolk mixture; add to remaining half-and-half, stirring constantly with a wire whisk. Stir in bourbon.
- Spoon custard mixture evenly into custard cups.
- Add water to baking pan to a depth of 1".
- Bake, uncovered, at 325 for 45 minutes or until a knife inserted in center comes out clean.
- Remove custards from water. Cool completely on a wire rack. Cover and chill 8 hours.
- To serve, sprinkle custards with nutmeg, and top each custard with 3 Candied Cherries.

Nutrition Facts

  
 **PROTEIN 9.93%**  **FAT 62.19%**  **CARBS 27.88%**

Properties

Glycemic Index:25.85, Glycemic Load:6.22, Inflammation Score:-3, Nutrition Score:5.573478291864%

Nutrients (% of daily need)

Calories: 224.68kcal (11.23%), Fat: 14.01g (21.55%), Saturated Fat: 7.62g (47.64%), Carbohydrates: 14.13g (4.71%), Net Carbohydrates: 13.71g (4.98%), Sugar: 12.85g (14.28%), Cholesterol: 190.23mg (63.41%), Sodium: 153.87mg (6.69%), Alcohol: 3.57g (100%), Alcohol %: 3.84% (100%), Protein: 5.03g (10.06%), Selenium: 11.06µg (15.81%), Vitamin B2:

0.24mg (14.09%), Phosphorus: 139.83mg (13.98%), Calcium: 109.56mg (10.96%), Vitamin A: 503.9IU (10.08%), Vitamin B12: 0.45µg (7.43%), Vitamin B5: 0.68mg (6.82%), Folate: 25.84µg (6.46%), Vitamin D: 0.81µg (5.4%), Vitamin B6: 0.1mg (4.82%), Zinc: 0.71mg (4.72%), Vitamin E: 0.59mg (3.92%), Vitamin B1: 0.06mg (3.88%), Potassium: 131.2mg (3.75%), Manganese: 0.07mg (3.55%), Magnesium: 12.56mg (3.14%), Iron: 0.52mg (2.89%), Copper: 0.04mg (2.13%), Fiber: 0.43g (1.7%), Vitamin K: 1.15µg (1.1%)