

Eggnog Filling

 Vegetarian

READY IN



435 min.

SERVINGS



15

CALORIES



141 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup bourbon
- ☐ 2 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1.8 cups heavy cream
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon vanilla extract

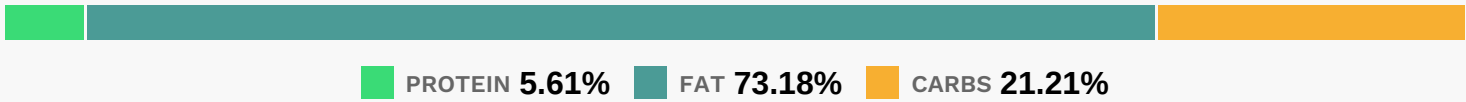
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Whisk together first 5 ingredients in a heavy saucepan. Cook over medium-low heat, whisking constantly, 10 to 12 minutes or until mixture reaches a chilled pudding-like thickness.
- ☐ Remove from heat; stir in bourbon and vanilla. Cool to room temperature (about 1 hour).
- ☐ Place plastic wrap directly on mixture (to prevent a film from forming), and chill 6 to 24 hours.

Nutrition Facts



Properties

Glycemic Index:15.34, Glycemic Load:4.26, Inflammation Score:-3, Nutrition Score:2.071739124863%

Nutrients (% of daily need)

Calories: 140.55kcal (7.03%), Fat: 10.7g (16.47%), Saturated Fat: 6.61g (41.29%), Carbohydrates: 6.98g (2.33%), Net Carbohydrates: 6.92g (2.51%), Sugar: 5.4g (6%), Cholesterol: 56.18mg (18.73%), Sodium: 17.17mg (0.75%), Alcohol: 1.63g (100%), Alcohol %: 4.52% (100%), Protein: 1.85g (3.69%), Vitamin A: 444.2IU (8.88%), Vitamin B2: 0.09mg (5.58%), Selenium: 3.61µg (5.16%), Vitamin D: 0.58µg (3.85%), Phosphorus: 31.84mg (3.18%), Calcium: 22.57mg (2.26%), Vitamin E: 0.33mg (2.18%), Folate: 8.08µg (2.02%), Vitamin B5: 0.18mg (1.82%), Vitamin B12: 0.1µg (1.73%), Vitamin B1: 0.03mg (1.67%), Iron: 0.25mg (1.37%), Zinc: 0.17mg (1.14%), Potassium: 39.38mg (1.13%), Vitamin B6: 0.02mg (1.11%), Manganese: 0.02mg (1.01%)