



## Eggnog Glaze

 Vegetarian

READY IN



45 min.

SERVINGS



5

CALORIES



225 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 tablespoon bourbon
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 2 cups powdered sugar
- ☐ 2 teaspoons water
- ☐ 3 tablespoons whipping cream

## Equipment

# Directions

☐

Stir together powdered sugar, whipping cream, bourbon, kosher salt, and freshly grated nutmeg until smooth. Stir in up to 2 tsp. water, 1 tsp. at a time, until desired consistency.

# Nutrition Facts



PROTEIN **0.47%**

FAT **13.23%**

CARBS **86.3%**

# Properties

Glycemic Index:17, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.4626086982696%

# Nutrients (% of daily need)

Calories: 224.77kcal (11.24%), Fat: 3.29g (5.05%), Saturated Fat: 2.1g (13.1%), Carbohydrates: 48.21g (16.07%), Net Carbohydrates: 48.19g (17.52%), Sugar: 47.24g (52.48%), Cholesterol: 10.17mg (3.39%), Sodium: 119.81mg (5.21%), Alcohol: 1g (100%), Alcohol %: 2.04% (100%), Protein: 0.26g (0.52%), Vitamin A: 132.4IU (2.65%), Vitamin B2: 0.03mg (1.54%)