



Eggnog I



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



12

CALORIES



231 kcal

BEVERAGE

DRINK

Ingredients

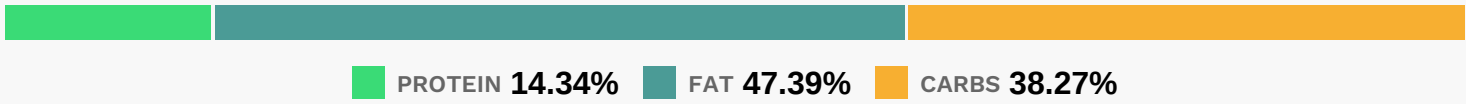
- ☐ 6 eggs
- ☐ 1 pinch ground nutmeg
- ☐ 0.3 pint heavy whipping cream
- ☐ 1 quart milk
- ☐ 1 pinch salt
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1 teaspoon vanilla extract

Equipment

Directions

- ☐ Beat eggs; mix in condensed milk, vanilla, quart of milk and salt.
- ☐ Beat the whipping cream until soft peaks form. Fold in to egg and milk mixture and sprinkle with nutmeg.
- ☐ Serve chilled.

Nutrition Facts



Properties

Glycemic Index:14.08, Glycemic Load:12.39, Inflammation Score:-3, Nutrition Score:7.4956521550598%

Nutrients (% of daily need)

Calories: 231.03kcal (11.55%), Fat: 12.27g (18.87%), Saturated Fat: 7.02g (43.85%), Carbohydrates: 22.29g (7.43%), Net Carbohydrates: 22.27g (8.1%), Sugar: 22.32g (24.8%), Cholesterol: 117.4mg (39.13%), Sodium: 110.03mg (4.78%), Alcohol: 0.11g (100%), Alcohol %: 0.1% (100%), Protein: 8.35g (16.71%), Vitamin B2: 0.37mg (21.88%), Phosphorus: 214.71mg (21.47%), Calcium: 212.12mg (21.21%), Selenium: 13.54µg (19.35%), Vitamin B12: 0.79µg (13.14%), Vitamin D: 1.58µg (10.56%), Vitamin A: 528.16IU (10.56%), Vitamin B5: 0.91mg (9.13%), Potassium: 284.63mg (8.13%), Zinc: 0.95mg (6.34%), Vitamin B1: 0.09mg (5.71%), Magnesium: 21.82mg (5.45%), Vitamin B6: 0.11mg (5.36%), Folate: 14.57µg (3.64%), Vitamin E: 0.44mg (2.96%), Iron: 0.46mg (2.58%), Copper: 0.02mg (1.21%), Vitamin C: 0.94mg (1.14%)