



Egnog Ice Cream

 Vegetarian

READY IN



60 min.

SERVINGS



2

CALORIES



1505 kcal

DESSERT

Ingredients

- 0.3 cup bourbon
- 2 cups cup heavy whipping cream
- 9 egg yolk
- 0.8 teaspoon kosher salt
- 1 cup milk
- 0.8 teaspoon nutmeg freshly grated
- 0.8 cup sugar

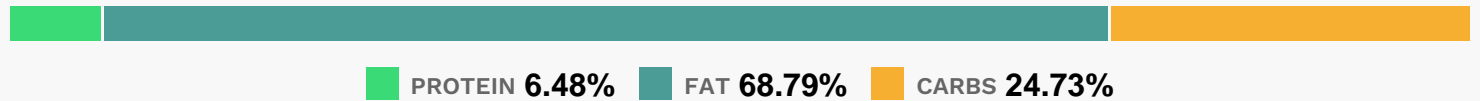
Equipment

- sauce pan
- whisk
- sieve

Directions

- In a heavy medium saucepan, whisk egg yolks and sugar together until well combined. Slowly whisk in cream, then milk. Cook, whisking frequently, over medium heat, until a custard forms on the back of a spoon and a finger swiped across the back leaves a clean line.
- Remove from heat and stir in nutmeg, salt, and bourbon.
- Pour through a strainer into an airtight container and chill overnight.
- The next day, churn according to manufacturer's instructions. Return to airtight container and chill in freezer for at least three hours before serving.

Nutrition Facts



Properties

Glycemic Index:96.55, Glycemic Load:54.67, Inflammation Score:-9, Nutrition Score:28.690869942955%

Nutrients (% of daily need)

Calories: 1505.21kcal (75.26%), Fat: 111.8g (172%), Saturated Fat: 64.94g (405.87%), Carbohydrates: 90.43g (30.14%), Net Carbohydrates: 90.28g (32.83%), Sugar: 88.34g (98.15%), Cholesterol: 1158.38mg (386.13%), Sodium: 1022.72mg (44.47%), Alcohol: 10.02g (100%), Alcohol %: 2.31% (100%), Protein: 23.68g (47.37%), Vitamin A: 4865.03IU (97.3%), Selenium: 55.28µg (78.97%), Vitamin D: 9.52µg (63.49%), Vitamin B2: 1.06mg (62.32%), Phosphorus: 579.96mg (58%), Vitamin B12: 2.62µg (43.65%), Calcium: 414.3mg (41.43%), Vitamin B5: 3.48mg (34.84%), Folate: 128.35µg (32.09%), Vitamin E: 4.34mg (28.94%), Vitamin B6: 0.44mg (22.14%), Zinc: 2.97mg (19.82%), Vitamin B1: 0.26mg (17.53%), Potassium: 502.3mg (14.35%), Iron: 2.53mg (14.05%), Magnesium: 36.74mg (9.19%), Vitamin K: 8.55µg (8.14%), Copper: 0.11mg (5.48%), Manganese: 0.08mg (4.21%), Vitamin C: 1.45mg (1.76%), Vitamin B3: 0.31mg (1.57%)