



Egnog Ice Cream

 Vegetarian

READY IN



625 min.

SERVINGS



2

CALORIES



894 kcal

DESSERT

Ingredients

- 3 ounces bourbon
- 4 egg yolk
- 1 cup cup heavy whipping cream
- 1 teaspoon nutmeg freshly grated
- 0.3 cup sugar
- 1 pint milk whole

Equipment

- bowl

- sauce pan
- mixing bowl
- pot
- stand mixer
- ice cream machine

Directions

- Watch how to make this recipe.
- In the bowl of a stand mixer, beat together the egg yolks and sugar until the yolks lighten in color and the sugar is completely dissolved. Set aside.
- In a medium saucepan, over high heat, combine the milk, heavy cream and nutmeg and bring just to a boil, stirring occasionally.
- Remove from the heat and gradually temper the hot mixture into the egg and sugar mixture. Then return everything to the pot and cook until the mixture reaches 160 degrees F.
- Remove from the heat, stir in the bourbon, pour into a medium mixing bowl, and set in the refrigerator. Chill the mixture in the refrigerator until it reaches a temperature of 40 degrees F, approximately 4 to 6 hours.
- Once chilled, process in an ice cream maker according to the manufacturer's instructions.
- Serve as is for soft-serve, or place in an airtight container and put in the freezer for 2 to 4 hours for traditional ice cream.

Nutrition Facts



PROTEIN 8.35% **FAT 67.25%** **CARBS 24.4%**

Properties

Glycemic Index:96.55, Glycemic Load:27.67, Inflammation Score:-8, Nutrition Score:19.398260860339%

Nutrients (% of daily need)

Calories: 894.29kcal (44.71%), Fat: 60.54g (93.14%), Saturated Fat: 35.47g (221.67%), Carbohydrates: 49.41g (16.47%), Net Carbohydrates: 49.21g (17.89%), Sugar: 48.61g (54.01%), Cholesterol: 551.66mg (183.89%), Sodium: 140.23mg (6.1%), Alcohol: 14.2g (100%), Alcohol %: 3.84% (100%), Protein: 16.92g (33.84%), Vitamin A: 2652.71IU (53.05%), Phosphorus: 452.2mg (45.22%), Vitamin B2: 0.75mg (44.05%), Vitamin D: 6.45µg (43%), Calcium:

418.16mg (41.82%), Selenium: 28.44µg (40.63%), Vitamin B12: 2.17µg (36.17%), Vitamin B5: 2.26mg (22.62%), Vitamin B6: 0.31mg (15.7%), Vitamin B1: 0.23mg (15.04%), Potassium: 512.19mg (14.63%), Folate: 58.08µg (14.52%), Vitamin E: 2.14mg (14.28%), Zinc: 2.13mg (14.17%), Magnesium: 40.35mg (10.09%), Iron: 1.17mg (6.48%), Vitamin K: 4.77µg (4.54%), Manganese: 0.07mg (3.42%), Copper: 0.06mg (3.24%), Vitamin B3: 0.35mg (1.76%)