

Eggnog Ice Cream

 Vegetarian

READY IN

ready

255 min.

SERVINGS

servings

2

CALORIES

calories

878 kcal

DESSERT

Ingredients

- ☐ 1.3 ounces bourbon
- ☐ 1.3 ounces rum dark
- ☐ 4 egg yolks
- ☐ 1 cup heavy cream
- ☐ 1 teaspoon nutmeg freshly grated
- ☐ 0.3 cup sugar
- ☐ 1 pint milk whole

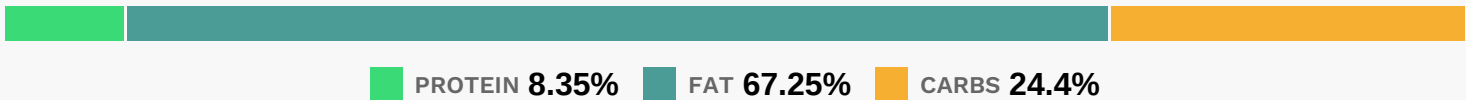
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ mixing bowl
- ☐ 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 medium heat, combine the milk and heavy cream and bring just to a simmer, stirring occasionally. Decrease the heat to low and temper in the egg mixture. Cook until the mixture just begins to thicken, approximately 5 minutes.
- ☐ Remove from the heat, stir in the nutmeg, bourbon and rum.
- ☐ 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, stirring occasionally. Once chilled, process in an ice cream maker according to the manufacturers' instructions.
- ☐ Place in an airtight container and put in freezer for 2 hours before serving

Nutrition Facts



Properties

Glycemic Index:104.05, Glycemic Load:27.67, Inflammation Score:-8, Nutrition Score:19.387391253658%

Nutrients (% of daily need)

Calories: 877.92kcal (43.9%), 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: 140.16mg (6.09%), Alcohol: 11.84g (100%), Alcohol %: 3.25% (100%), Protein: 16.92g (33.84%), Vitamin A: 2652.71IU (53.05%), Phosphorus: 451.92mg (45.19%), Vitamin B2: 0.75mg (44.04%), 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 (15.02%), Potassium: 512.05mg (14.63%), Folate: 58.08µg (14.52%), Vitamin E: 2.14mg (14.28%), Zinc: 2.12mg (14.15%), Magnesium: 40.35mg (10.09%), Iron: 1.16mg (6.46%), Vitamin K: 4.77µg

(4.54%), Manganese: 0.07mg (3.36%), Copper: 0.06mg (3.16%), Vitamin B3: 0.35mg (1.75%)