



Eggnog Ice Cream

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



257 kcal

Ingredients

- ☐ 0.3 cup bourbon
- ☐ 1 stick cinnamon sticks 2-inch
- ☐ 5 large egg yolks
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1.8 cups half n half
- ☐ 2.3 cups low fat milk 2% reduced-fat
- ☐ 1 cup sugar
- ☐ 5 inch vanilla pod split

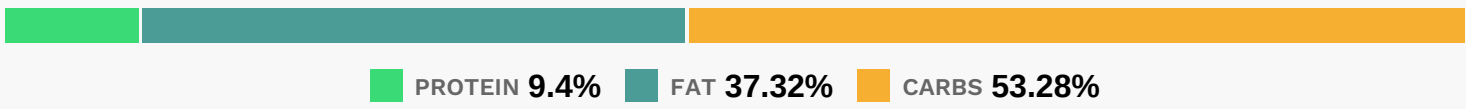
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Combine first 3 ingredients in a heavy saucepan over medium-high heat. Scrape seeds from vanilla bean; add seeds and bean to milk mixture.
- ☐ Heat milk mixture to 180 or until tiny bubbles form around edge (do not boil).
- ☐ Combine sugar, bourbon, nutmeg, and egg yolks in a bowl, stirring with a whisk. Gradually add half of hot milk mixture to egg mixture, stirring constantly with a whisk. Return milk mixture to pan. Reduce heat to medium.
- ☐ Heat mixture to 160, stirring constantly. Discard vanilla bean and cinnamon stick.
- ☐ Pour mixture into a bowl, and place plastic wrap on surface of custard. Chill thoroughly.
- ☐ Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon ice cream into a freezer-safe container; cover and freeze 8 hours or until firm.
- ☐ Garnish with freshly grated nutmeg, if desired.

Nutrition Facts



Properties

Glycemic Index:20.01, Glycemic Load:17.48, Inflammation Score:0, Nutrition Score:6.0843477586041%

Nutrients (% of daily need)

Calories: 256.92kcal (12.85%), Fat: 9.9g (15.24%), Saturated Fat: 5.15g (32.17%), Carbohydrates: 31.81g (10.6%), Net Carbohydrates: 31.56g (11.47%), Sugar: 30.53g (33.93%), Cholesterol: 136.6mg (45.53%), Sodium: 63.69mg (2.77%), Alcohol: 3.34g (100%), Alcohol %: 2.53% (100%), Protein: 5.61g (11.23%), Phosphorus: 161.04mg (16.1%), Calcium: 158.85mg (15.88%), Vitamin B2: 0.26mg (15.12%), Selenium: 9.2µg (13.15%), Vitamin B12: 0.71µg (11.88%), Vitamin A: 472.12IU (9.44%), Vitamin D: 1.3µg (8.69%), Vitamin B5: 0.71mg (7.12%), Potassium: 190.02mg (5.43%), Vitamin B6:

0.1mg (5.22%), Zinc: 0.75mg (5.02%), Vitamin B1: 0.07mg (4.9%), Folate: 18.55µg (4.64%), Manganese: 0.09mg (4.56%), Magnesium: 14.28mg (3.57%), Vitamin E: 0.43mg (2.87%), Iron: 0.37mg (2.07%), Fiber: 0.26g (1.03%), Copper: 0.02mg (1.01%)