



Eggnog Pie

READY IN



213 min.

SERVINGS



8

CALORIES



1257 kcal

DESSERT

Ingredients

- ☐ 2 eggs lightly beaten
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.3 ounce jell-o unflavored
- ☐ 1 cup milk
- ☐ 9 inch pie shell
- ☐ 0.3 cup rum
- ☐ 0.3 cup water cold
- ☐ 1 cup whipping cream
- ☐ 0.8 cup sugar white

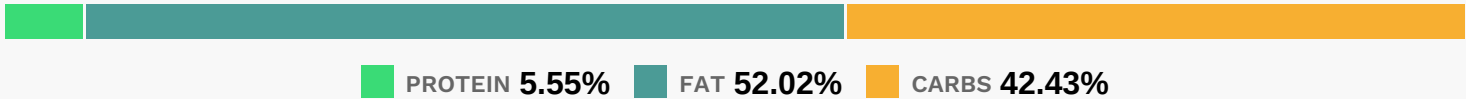
Equipment

- ☐ bowl
- ☐ whisk
- ☐ microwave

Directions

- ☐ In a small bowl, let gelatin dissolve into water; set aside.
- ☐ Combine milk and 1/2 of the sugar in a small glass bowl. Microwave for 3 minutes or until milk begins to boil.
- ☐ In a medium bowl, stir gelatin mixture into the heated milk and sugar; gradually whisk in eggs using a wire whisk. Microwave mixture stirring with whisk after each minute until it thickens.
- ☐ Remove from microwave and pour in rum. Keep mixture refrigerated until it begins to set being sure to stir it occasionally as it chills.
- ☐ In a medium bowl, whip cream until soft peaks form; beat in remaining 1/2 of sugar. Set aside 1/2 cup of this mixture for garnish; keep refrigerated. Fold remaining whipped cream into microwaved mixture and pour into pie crust. Cover and refrigerate for 2 to 3 hours.
- ☐ Serve with reserved whipped cream and a dusting of nutmeg.

Nutrition Facts



Properties

Glycemic Index:24.14, Glycemic Load:13.66, Inflammation Score:-6, Nutrition Score:18.271304492069%

Nutrients (% of daily need)

Calories: 1256.97kcal (62.85%), Fat: 71.52g (110.04%), Saturated Fat: 26.14g (163.4%), Carbohydrates: 131.28g (43.76%), Net Carbohydrates: 125.63g (45.68%), Sugar: 21.89g (24.32%), Cholesterol: 78.2mg (26.07%), Sodium: 960.27mg (41.75%), Alcohol: 2.51g (100%), Alcohol %: 0.96% (100%), Protein: 17.17g (34.34%), Manganese: 1mg (50.25%), Vitamin B1: 0.65mg (43.14%), Folate: 163.98µg (41%), Iron: 6.09mg (33.83%), Vitamin B2: 0.54mg (31.48%), Vitamin B3: 6.14mg (30.68%), Selenium: 17.85µg (25.5%), Phosphorus: 233.66mg (23.37%), Fiber: 5.65g (22.6%), Vitamin K: 17.5µg (16.67%), Vitamin B5: 1.27mg (12.7%), Vitamin A: 548.51IU (10.97%), Calcium: 106.73mg (10.67%), Magnesium: 41.13mg (10.28%), Vitamin E: 1.44mg (9.6%), Copper: 0.19mg (9.33%), Zinc: 1.36mg (9.06%),

Potassium: 308.47mg (8.81%), Vitamin B6: 0.16mg (8.03%), Vitamin D: 1.03µg (6.88%), Vitamin B12: 0.31µg (5.17%)