



Egnog Pots de Crème

 **Gluten Free**  **Dairy Free**

READY IN



495 min.

SERVINGS



6

CALORIES



90 kcal

Ingredients

- 1.5 cups eggnog
- 3 egg yolk
- 2 teaspoons cornstarch
- 0.5 teaspoon rum
- 1 serving nutmeg
- 0.5 cup frangelico

Equipment

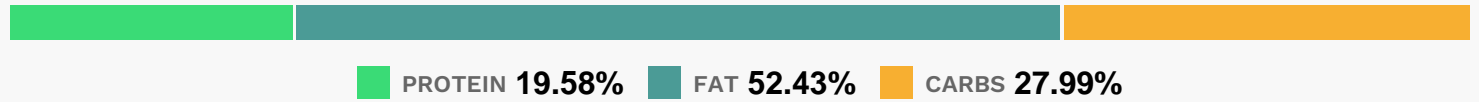
- bowl
- sauce pan

whisk

Directions

- In 2-quart saucepan, heat eggnog and half-and-half over medium-low heat, stirring occasionally, until hot.
- In medium bowl, beat egg yolks, cornstarch and rum extract with wire whisk. Stir a small amount of the hot eggnog mixture into egg mixture, then gradually stir egg mixture back into eggnog mixture in saucepan. Continue cooking over medium-low heat, stirring constantly, until mixture just begins to boil and thicken. Immediately remove from heat.
- Pour into 6 small serving dishes.
- Sprinkle with nutmeg. Refrigerate at least 8 hours until well chilled and set.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:2.88, Inflammation Score:-1, Nutrition Score:4.1426086600708%

Nutrients (% of daily need)

Calories: 90.11kcal (4.51%), Fat: 5.17g (7.95%), Saturated Fat: 2.59g (16.19%), Carbohydrates: 6.21g (2.07%), Net Carbohydrates: 6.13g (2.23%), Sugar: 5.26g (5.84%), Cholesterol: 134.66mg (44.89%), Sodium: 38.73mg (1.68%), Alcohol: 0.14g (100%), Alcohol %: 0.24% (100%), Protein: 4.34g (8.68%), Selenium: 7.73µg (11.04%), Phosphorus: 105.13mg (10.51%), Vitamin B2: 0.17mg (9.9%), Calcium: 94.79mg (9.48%), Vitamin D: 1.25µg (8.32%), Vitamin B12: 0.46µg (7.69%), Vitamin B5: 0.53mg (5.34%), Vitamin A: 260.93IU (5.22%), Folate: 14.03µg (3.51%), Zinc: 0.51mg (3.38%), Potassium: 115.78mg (3.31%), Magnesium: 13.15mg (3.29%), Vitamin B6: 0.06mg (3.19%), Vitamin B1: 0.04mg (2.57%), Vitamin E: 0.37mg (2.44%), Iron: 0.39mg (2.15%), Vitamin C: 0.96mg (1.17%)