



Eggnog Pudding

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



188 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 tablespoon cornstarch
- ☐ 2 egg whites beaten
- ☐ 2 egg yolks
- ☐ 0.3 cup flour all-purpose
- ☐ 3 cups milk
- ☐ 8 servings nutmeg freshly grated
- ☐ 0.8 cup sugar

☐ 1 teaspoon vanilla extract

Equipment

☐ bowl

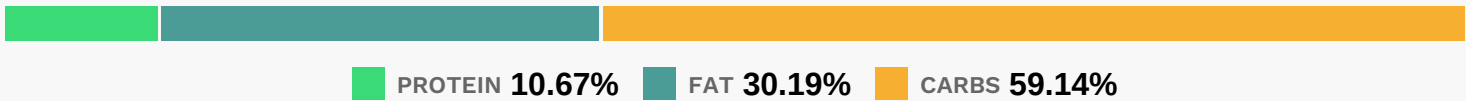
☐ sauce pan

☐ pot

Directions

- ☐ Mix together flour, cornstarch and sugar in a saucepan.
- ☐ Add 1/4 cup of the milk to the flour mixture and stir until smooth. In another saucepan, scald the remaining 2 3/4 cups milk; add to flour mixture. Cook and stir mixture over medium-low heat; do not allow to boil. In a bowl beat the yolks; remove 1/2 cup hot mixture and add to yolks to temper them; mix well and return to pot. Continue to cook over low heat for an additional 2 to 3 minutes.
- ☐ Remove from heat; add butter and vanilla. Thoroughly fold egg whites into the hot mixture.
- ☐ Place in individual custard dishes or a single bowl, sprinkle with freshly grated nutmeg and chill.

Nutrition Facts



Properties

Glycemic Index:37.89, Glycemic Load:17.27, Inflammation Score:-2, Nutrition Score:5.0747826089678%

Nutrients (% of daily need)

Calories: 187.99kcal (9.4%), Fat: 6.38g (9.81%), Saturated Fat: 3.56g (22.23%), Carbohydrates: 28.11g (9.37%), Net Carbohydrates: 27.58g (10.03%), Sugar: 23.84g (26.49%), Cholesterol: 63.34mg (21.11%), Sodium: 61.35mg (2.67%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 5.07g (10.14%), Calcium: 123.82mg (12.38%), Vitamin B2: 0.21mg (12.24%), Phosphorus: 120.15mg (12.01%), Selenium: 7.27µg (10.39%), Vitamin B12: 0.59µg (9.86%), Vitamin D: 1.25µg (8.33%), Vitamin B1: 0.1mg (6.48%), Vitamin A: 258.89IU (5.18%), Vitamin B5: 0.51mg (5.09%), Potassium: 167.12mg (4.77%), Manganese: 0.09mg (4.7%), Magnesium: 16.67mg (4.17%), Folate: 15.59µg (3.9%), Vitamin B6: 0.08mg (3.85%), Zinc: 0.56mg (3.71%), Iron: 0.39mg (2.14%), Fiber: 0.53g (2.12%), Vitamin B3: 0.36mg (1.82%), Copper: 0.03mg (1.72%), Vitamin E: 0.2mg (1.37%)