



Eggnog Royale

 Gluten Free

READY IN



15 min.

SERVINGS



30

CALORIES



214 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 cups hot-brewed coffee cold
- ☐ 2 quarts eggnog chilled
- ☐ 0.3 teaspoon ground nutmeg for garnish
- ☐ 2 cups heavy cream chilled
- ☐ 2 pints coffee ice cream
- ☐ 2 cups bourbon whiskey

Equipment

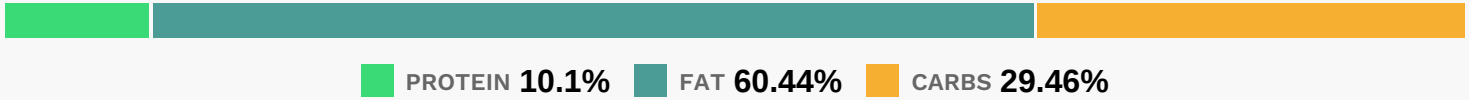
- ☐ bowl

- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Whisk together eggnog, coffee, and whiskey in a punch bowl until well blended.
- ☐ Whip the cream in a large mixing bowl until it forms soft peaks. Lightly fold the whipped cream into the eggnog mixture.
- ☐ Float scoops of coffee ice cream in the eggnog.
- ☐ Sprinkle with nutmeg to serve.

Nutrition Facts



Properties

Glycemic Index:6.7, Glycemic Load:7.21, Inflammation Score:-4, Nutrition Score:4.4839130225389%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:
0.01mg

Nutrients (% of daily need)

Calories: 214.42kcal (10.72%), Fat: 11.85g (18.23%), Saturated Fat: 7.43g (46.44%), Carbohydrates: 13g (4.33%), Net
Carbohydrates: 12.77g (4.64%), Sugar: 12.25g (13.61%), Cholesterol: 69.03mg (23.01%), Sodium: 64.07mg (2.79%),
Alcohol: 5.66g (100%), Alcohol %: 4.79% (100%), Caffeine: 9.48mg (3.16%), Protein: 4.45g (8.91%), Vitamin B2:
0.24mg (14.33%), Calcium: 133.37mg (13.34%), Phosphorus: 112.31mg (11.23%), Vitamin A: 496.03IU (9.92%), Vitamin
B12: 0.43µg (7.21%), Vitamin D: 1.07µg (7.16%), Potassium: 193.78mg (5.54%), Vitamin B5: 0.55mg (5.47%), Selenium:
3.69µg (5.28%), Magnesium: 18.26mg (4.56%), Zinc: 0.55mg (3.69%), Vitamin B1: 0.04mg (2.81%), Vitamin B6:
0.05mg (2.63%), Vitamin E: 0.38mg (2.5%), Vitamin C: 1.23mg (1.49%)