



Eggnog Russian



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



325 kcal

BEVERAGE

DRINK

Ingredients



1.5 fluid ounce jigger coffee liqueur flavored



0.8 cup eggnog



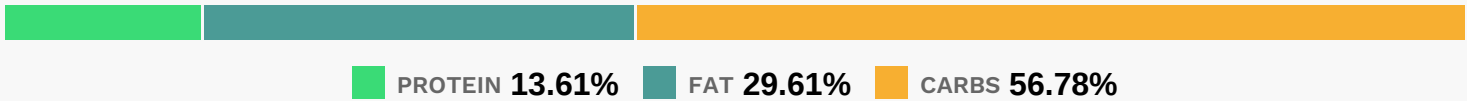
1 pinch ground nutmeg

Equipment

Directions

Pour the spiced rum and coffee liqueur into a glass. Top with eggnog. Stir and sprinkle some nutmeg on the top.

Nutrition Facts



Properties

Glycemic Index:125, Glycemic Load:8.63, Inflammation Score:-4, Nutrition Score:7.5330434700717%

Nutrients (% of daily need)

Calories: 325.03kcal (16.25%), Fat: 8.48g (13.04%), Saturated Fat: 5.24g (32.74%), Carbohydrates: 36.59g (12.2%), Net Carbohydrates: 36.38g (13.23%), Sugar: 36.38g (40.42%), Cholesterol: 112.39mg (37.47%), Sodium: 106.58mg (4.63%), Alcohol: 9.63g (100%), Alcohol %: 5.17% (100%), Protein: 8.77g (17.54%), Calcium: 249.49mg (24.95%), Vitamin B2: 0.36mg (21.32%), Phosphorus: 209.77mg (20.98%), Vitamin D: 2.29µg (15.24%), Vitamin B12: 0.86µg (14.29%), Selenium: 8.02µg (11.45%), Magnesium: 38.03mg (9.51%), Potassium: 317.83mg (9.08%), Vitamin B5: 0.79mg (7.94%), Vitamin A: 393.45IU (7.87%), Zinc: 0.9mg (5.99%), Vitamin B6: 0.1mg (4.84%), Vitamin B1: 0.07mg (4.55%), Vitamin C: 2.89mg (3.5%), Vitamin E: 0.4mg (2.67%), Iron: 0.41mg (2.29%), Manganese: 0.04mg (1.93%), Copper: 0.04mg (1.75%), Vitamin B3: 0.21mg (1.07%)