



## Eggnog Semifreddo

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



178 kcal

DESSERT

### Ingredients

- 2 tablespoons rum dark
- 2 large eggs
- 0.7 cup granulated sugar
- 1 teaspoon ground nutmeg
- 2 cups milk 1% low-fat
- 0.7 cup yogurt plain low-fat
- 2 teaspoons vanilla extract

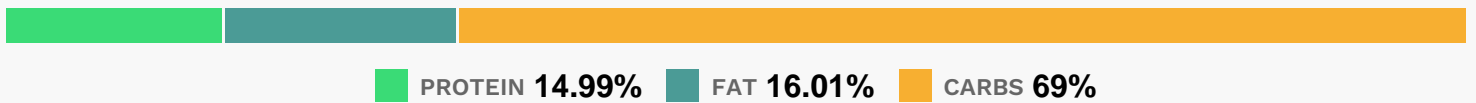
### Equipment

- food processor
- bowl
- frying pan
- sauce pan
- whisk

## Directions

- Combine the first 3 ingredients in a medium bowl, and stir with a whisk.
- Cook milk in a heavy saucepan over medium-high heat to 180 or until tiny bubbles form around the edge (do not boil). Gradually add hot milk to egg mixture, stirring constantly with a whisk. Return milk mixture to pan; cook over medium heat until thick (about 8 minutes), stirring constantly.
- Remove from heat.
- Place pan in a large ice-filled bowl until custard cools to room temperature (about 15 minutes), stirring frequently. Stir in the yogurt, rum, and vanilla; pour mixture into a glass bowl. Cover and place in freezer 8 hours.
- Remove mixture from freezer; let stand 15 minutes.
- Place in a food processor; process until smooth.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:25.85, Glycemic Load:15.58, Inflammation Score:-2, Nutrition Score:5.4399999840104%

## Nutrients (% of daily need)

Calories: 177.51kcal (8.88%), Fat: 2.95g (4.53%), Saturated Fat: 1.33g (8.3%), Carbohydrates: 28.59g (9.53%), Net Carbohydrates: 28.52g (10.37%), Sugar: 28.32g (31.47%), Cholesterol: 67.57mg (22.52%), Sodium: 73.85mg (3.21%), Alcohol: 2.13g (100%), Alcohol %: 1.78% (100%), Protein: 6.21g (12.42%), Calcium: 159.25mg (15.93%), Phosphorus: 154.22mg (15.42%), Vitamin B2: 0.25mg (14.73%), Vitamin B12: 0.78µg (13.01%), Selenium: 7.81µg (11.15%), Vitamin D: 1.2µg (7.99%), Vitamin B5: 0.7mg (7.01%), Potassium: 215.46mg (6.16%), Zinc: 0.81mg (5.39%), Vitamin A: 258.41IU

(5.17%), Vitamin B6: 0.09mg (4.49%), Vitamin B1: 0.07mg (4.34%), Magnesium: 16.84mg (4.21%), Folate: 12.65µg (3.16%), Iron: 0.34mg (1.88%), Vitamin E: 0.2mg (1.33%), Copper: 0.02mg (1.17%), Manganese: 0.02mg (1.13%)