



## Eggnog Tea Bread



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



528 kcal

BEVERAGE

DRINK

## Ingredients

- ☐ 0.8 cup eggnog refrigerated
- ☐ 1 tablespoon eggnog refrigerated
- ☐ 2 large eggs
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 16 ounce pound cake mix with betty crocker
- ☐ 1 cup powdered sugar sifted

## Equipment

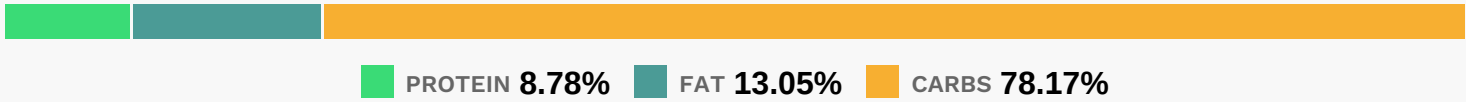
- ☐ oven

- ☐ mixing bowl
- ☐ hand mixer

## Directions

- ☐ Combine first 4 ingredients in a large mixing bowl; beat at medium speed of an electric mixer 3 minutes.
- ☐ Pour batter into 4 greased 6" x 3" x 2" loafpans.
- ☐ Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Remove from pans; cool on wire racks.
- ☐ Combine powdered sugar and 1 tablespoon eggnog, stirring well; drizzle over bread.

## Nutrition Facts



## Properties

Glycemic Index:45, Glycemic Load:2.32, Inflammation Score:-3, Nutrition Score:11.480869609377%

## Nutrients (% of daily need)

Calories: 527.78kcal (26.39%), Fat: 7.68g (11.82%), Saturated Fat: 3.09g (19.29%), Carbohydrates: 103.55g (34.52%), Net Carbohydrates: 102.93g (37.43%), Sugar: 75.25g (83.61%), Cholesterol: 238.95mg (79.65%), Sodium: 770.32mg (33.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.62g (23.25%), Vitamin B2: 0.52mg (30.74%), Selenium: 20.33µg (29.05%), Phosphorus: 261.33mg (26.13%), Iron: 3.65mg (20.28%), Vitamin B1: 0.3mg (20.26%), Folate: 65.75µg (16.44%), Calcium: 160.86mg (16.09%), Manganese: 0.26mg (12.81%), Vitamin B12: 0.73µg (12.09%), Vitamin B5: 1.14mg (11.39%), Vitamin B3: 2.26mg (11.32%), Vitamin D: 1.34µg (8.95%), Vitamin A: 415.61IU (8.31%), Zinc: 1.15mg (7.64%), Potassium: 232.92mg (6.65%), Magnesium: 25.68mg (6.42%), Vitamin B6: 0.13mg (6.38%), Copper: 0.1mg (4.98%), Vitamin E: 0.64mg (4.28%), Fiber: 0.62g (2.48%)