



## Eggnog With Coffee and Irish Cream

 Gluten Free

READY IN



60 min.

SERVINGS



15

CALORIES



538 kcal

BEVERAGE

DRINK

### Ingredients

- 4.5 cups strongly coffee chilled brewed
- 12 large eggs lightly beaten
- 4 cups half-and-half
- 3 cups irish cream liqueur
- 4 cups milk
- 0.3 teaspoon salt
- 1.5 cups sugar
- 2 teaspoons vanilla extract

- 15 servings garnishes: additional whipped cream thin
- 2 cups whipping cream

## Equipment

- bowl
- frying pan
- whisk
- mixing bowl
- sieve
- hand mixer
- kitchen thermometer
- dutch oven

## Directions

- Gradually add sugar to eggs in a large glass mixing bowl, whisking until blended. Set aside.
- Stir together half-and-half, milk, and salt in a Dutch oven over medium-low heat. Cook, stirring occasionally, 12 to 15 minutes or just until mixture begins to bubble around edges of pan. (Do not boil.)
- Gradually stir half of hot milk mixture into egg mixture. Stir egg mixture into remaining hot milk mixture in Dutch oven.
- Cook mixture over medium-low heat, stirring constantly, until mixture slightly thickens and a thermometer registers 160 (about 25 to 30 minutes).
- Remove from heat, and stir 1 minute.
- Pour mixture through a fine wire-mesh strainer into a serving bowl. Stir in coffee, Irish cream liqueur, and vanilla; let cool 1 hour. Cover and chill at least 4 hours.
- Beat whipping cream at high speed with an electric mixer until soft peaks form. Fold whipped cream into chilled eggnog, and garnish, if desired.
- Note: For testing purposes only, we used Baileys The Original Irish Cream and Andes Creme de Menthe Thins for chocolate mints.

## Nutrition Facts



■ PROTEIN 9.51% ■ FAT 58.62% ■ CARBS 31.87%

## Properties

Glycemic Index:10.87, Glycemic Load:15.53, Inflammation Score:-6, Nutrition Score:9.6660868991976%

## Flavonoids

Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg  
Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Myricetin: 0.04mg,  
Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin:  
0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 537.68kcal (26.88%), Fat: 32.31g (49.71%), Saturated Fat: 18.9g (118.16%), Carbohydrates: 39.54g (13.18%),  
Net Carbohydrates: 39.54g (14.38%), Sugar: 36.82g (40.91%), Cholesterol: 219.63mg (73.21%), Sodium: 170.4mg  
(7.41%), Alcohol: 6.56g (100%), Alcohol %: 2.4% (100%), Caffeine: 28.44mg (9.48%), Protein: 11.79g (23.58%),  
Vitamin B2: 0.52mg (30.57%), Selenium: 16.74µg (23.91%), Phosphorus: 232.13mg (23.21%), Vitamin A: 1057.44IU  
(21.15%), Calcium: 200.19mg (20.02%), Vitamin B12: 0.9µg (14.97%), Vitamin D: 2.05µg (13.65%), Vitamin B5: 1.32mg  
(13.22%), Potassium: 312.99mg (8.94%), Vitamin B6: 0.15mg (7.72%), Zinc: 1.15mg (7.66%), Vitamin E: 0.95mg  
(6.34%), Magnesium: 24.14mg (6.04%), Vitamin B1: 0.09mg (6.03%), Folate: 23.61µg (5.9%), Iron: 0.79mg (4.36%),  
Vitamin K: 2.35µg (2.24%), Copper: 0.04mg (2.13%), Manganese: 0.03mg (1.67%), Vitamin B3: 0.33mg (1.66%)