

Euphoric Eggnog

READY IN



45 min.

SERVINGS



10

CALORIES



240 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup bourbon
- 0.5 cup brandy
- 10 servings chocolate grated
- 1.5 cups eggnog
- 0.3 teaspoon nutmeg grated
- 2 tablespoons orange liqueur
- 10 scoops whipped cream french

Equipment

blender

Directions

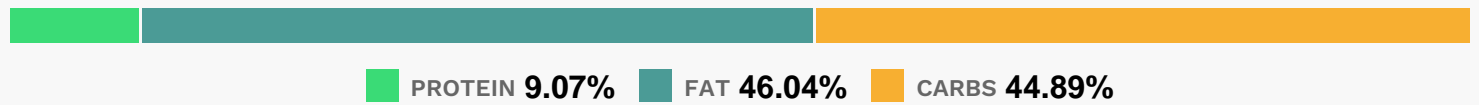
Combine ice cream, eggnog, bourbon, brandy, orange liqueur, and 1/4 teaspoon grated nutmeg in a blender. Blend on lowest speed until mixture is smooth.

Sprinkle each serving with grated chocolate or nutmeg.

Reprinted with permission from Southern Cocktails (Chronicle, 200

by Denise Gee.

Nutrition Facts



Properties

Glycemic Index:25.86, Glycemic Load:11.15, Inflammation Score:-3, Nutrition Score:4.2082608601321%

Nutrients (% of daily need)

Calories: 240.16kcal (12.01%), Fat: 9.23g (14.19%), Saturated Fat: 5.69g (35.53%), Carbohydrates: 20.24g (6.75%), Net Carbohydrates: 19.71g (7.17%), Sugar: 18.55g (20.62%), Cholesterol: 51.52mg (17.17%), Sodium: 74.02mg (3.22%), Alcohol: 8.8g (100%), Alcohol %: 8.44% (100%), Protein: 4.09g (8.18%), Vitamin B2: 0.23mg (13.8%), Calcium: 134.37mg (13.44%), Phosphorus: 113.55mg (11.35%), Vitamin B12: 0.43µg (7.15%), Vitamin A: 356.4IU (7.13%), Potassium: 198.66mg (5.68%), Vitamin B5: 0.54mg (5.43%), Magnesium: 17.79mg (4.45%), Zinc: 0.66mg (4.38%), Selenium: 2.83µg (4.04%), Vitamin D: 0.59µg (3.93%), Vitamin B1: 0.04mg (2.8%), Vitamin B6: 0.05mg (2.57%), Fiber: 0.53g (2.11%), Vitamin E: 0.28mg (1.87%), Copper: 0.03mg (1.63%), Vitamin C: 0.97mg (1.17%)