

Holiday Egg Nog

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



432 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 teaspoon allspice
- 0.5 teaspoon cinnamon
- 4 egg yolk
- 1 cup cup heavy whipping cream
- 2 cups milk
- 0.5 teaspoon nutmeg
- 0.5 cup sugar

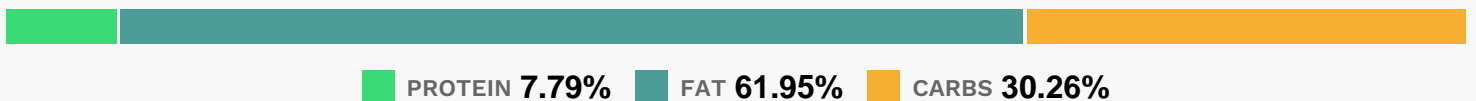
Equipment

- sauce pan
- whisk
- blender

Directions

- Add the egg yolks and sugar to your mixer. Whip it up good until the mixture turns a light yellow color. Now, grab your small saucepan and add to it the milk, heavy cream, allspice, nutmeg, and cinnamon.
- Heat it up to just boiling and remove it from the heat. Grab about a half a cup of the hot milk and add it into the egg mixture, whisking constantly. Now add the tempered egg mixture back into the rest of your milk mixture, continuing to whisk constantly.
- Put the mixture back on medium low heat and cook it until just boiling and thickened. Pop it into a container and set it in the fridge to cool completely.

Nutrition Facts



Properties

Glycemic Index:49.52, Glycemic Load:19.68, Inflammation Score:-6, Nutrition Score:9.9260869565217%

Nutrients (% of daily need)

Calories: 431.97kcal (21.6%), Fat: 30.34g (46.67%), Saturated Fat: 17.74g (110.89%), Carbohydrates: 33.35g (11.12%), Net Carbohydrates: 33.14g (12.05%), Sugar: 32.73g (36.37%), Cholesterol: 276.27mg (92.09%), Sodium: 71.48mg (3.11%), Protein: 8.59g (17.17%), Vitamin A: 1333.52IU (26.67%), Phosphorus: 228.76mg (22.88%), Vitamin B2: 0.38mg (22.37%), Vitamin D: 3.27µg (21.77%), Calcium: 216.59mg (21.66%), Selenium: 14.35µg (20.5%), Vitamin B12: 1.11µg (18.42%), Vitamin B5: 1.15mg (11.46%), Vitamin B6: 0.16mg (7.97%), Vitamin B1: 0.11mg (7.53%), Potassium: 262.9mg (7.51%), Folate: 28.91µg (7.23%), Vitamin E: 1.08mg (7.19%), Zinc: 1.07mg (7.14%), Magnesium: 20.48mg (5.12%), Manganese: 0.07mg (3.55%), Iron: 0.6mg (3.34%), Vitamin K: 2.47µg (2.36%), Copper: 0.03mg (1.37%)