

Holiday Eggnog

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



129 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup evaporated milk fat-free
- 7 cups milk fat-free divided
- 1 oz jell-o vanilla flavor pudding fat free sugar free instant
- 2 tsp rum extract

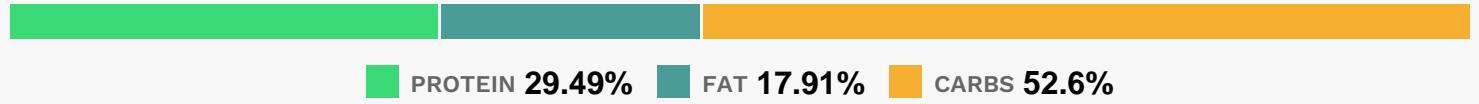
Equipment

- bowl
- whisk

Directions

- Beat pudding mix and 2 cups milk in large bowl with whisk 2 min.
- Add remaining milk, evaporated milk and extract; mix well.
- Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:4.16, Glycemic Load:3.49, Inflammation Score:-4, Nutrition Score:8.8747825946497%

Nutrients (% of daily need)

Calories: 128.84kcal (6.44%), Fat: 2.57g (3.95%), Saturated Fat: 1.55g (9.71%), Carbohydrates: 16.96g (5.65%), Net Carbohydrates: 16.94g (6.16%), Sugar: 16.8g (18.67%), Cholesterol: 15.57mg (5.19%), Sodium: 143.79mg (6.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.51g (19.02%), Calcium: 365.37mg (36.54%), Phosphorus: 293.4mg (29.34%), Vitamin B2: 0.38mg (22.4%), Vitamin B12: 1.29µg (21.56%), Vitamin D: 2.39µg (15.93%), Potassium: 454.16mg (12.98%), Vitamin A: 512.61IU (10.25%), Vitamin B5: 0.97mg (9.66%), Vitamin B1: 0.13mg (8.99%), Magnesium: 33.28mg (8.32%), Zinc: 1.21mg (8.05%), Selenium: 5.04µg (7.21%), Vitamin B6: 0.14mg (7%), Folate: 6.81µg (1.7%), Vitamin B3: 0.31mg (1.57%)