



Holiday Eggnog Bars

 Vegetarian

READY IN



125 min.

SERVINGS



36

CALORIES



88 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 0.5 cup sugar
- ☐ 1 cup flour all-purpose
- ☐ 5 egg yolk
- ☐ 0.3 cup sugar
- ☐ 1.3 cups whipping cream
- ☐ 1 tablespoon rum extract
- ☐ 0.3 teaspoon nutmeg

☐ 0.5 teaspoon nutmeg

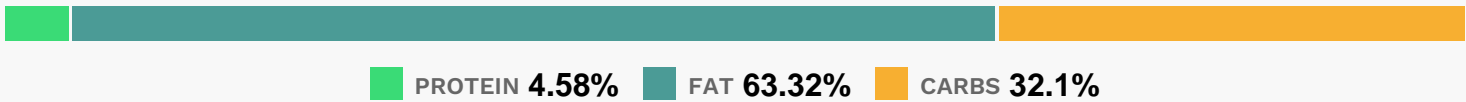
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Heat oven to 350°F. Line bottom and sides of 9-inch square pan with foil, leaving 1 inch of foil overhanging at 2 opposite sides of pan. In small bowl, stir together butter, 1/2 cup sugar and the flour. Press in bottom and 1/2 inch up sides of foil-lined pan.
- ☐ Bake 20 minutes.
- ☐ Reduce oven temperature to 300°F. In small bowl, beat egg yolks and 1/4 cup sugar with electric mixer on medium-high speed until thick. Gradually beat in cream, rum and 1/4 teaspoon nutmeg.
- ☐ Pour over baked layer.
- ☐ Bake 40 to 50 minutes at 300°F until custard is set and knife inserted in center comes out clean. Cool completely, about 1 hour.
- ☐ Sprinkle tops of bars evenly with 1/2 teaspoon nutmeg. Using foil handles, lift cooled bars from pan to cutting board; remove foil from sides of bars. With sharp knife, cut into 6 rows by 6 rows. Cover; store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:11.26, Glycemic Load:4.84, Inflammation Score:-1, Nutrition Score:1.4026086847095%

Nutrients (% of daily need)

Calories: 87.65kcal (4.38%), Fat: 6.27g (9.64%), Saturated Fat: 3.78g (23.6%), Carbohydrates: 7.15g (2.38%), Net Carbohydrates: 7.04g (2.56%), Sugar: 4.44g (4.93%), Cholesterol: 43.12mg (14.37%), Sodium: 23.82mg (1.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.04%), Vitamin A: 236.36IU (4.73%), Selenium: 2.88µg (4.12%), Vitamin B2: 0.05mg (2.81%), Folate: 10.46µg (2.62%), Vitamin B1: 0.03mg (2.24%), Phosphorus: 19.14mg (1.91%), Vitamin D: 0.27µg (1.78%), Vitamin E: 0.22mg (1.44%), Iron: 0.24mg (1.34%), Manganese: 0.03mg (1.33%), Vitamin B5: 0.11mg (1.14%), Vitamin B12: 0.07µg (1.12%), Vitamin B3: 0.21mg (1.06%), Calcium: 10.07mg (1.01%)