



Homemade Eggnog Ice Cream Parfaits

READY IN



320 min.

SERVINGS



12

CALORIES



1223 kcal

Ingredients

- 10 oz maraschino cherries drained
- 2 cups whipping cream chilled
- 14 oz condensed milk sweetened canned (not evaporated)
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 1 tablespoon rum extract
- 2 teaspoons vanilla
- 96 oz cocoa mix
- 3 cups buttered toast

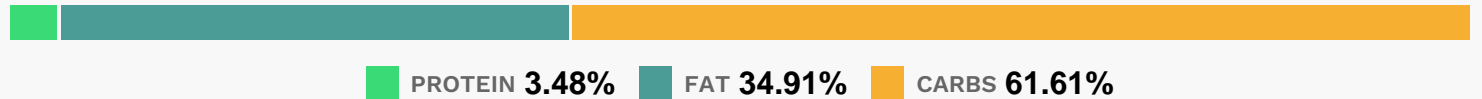
Equipment

- bowl
- hand mixer

Directions

- Reserve 12 whole cherries for garnish. Chop remaining cherries; set aside.
- In medium bowl, beat whipping cream with electric mixer on high speed until stiff peaks form.
- In large bowl, stir together condensed milk, cinnamon, nutmeg, rum extract and vanilla. Fold in whipped cream until combined.
- To make each parfait in jelly jar or glass, layer about 1 tablespoon cereal, about 1/4 cup cream mixture, some of the chopped cherries, another tablespoon cereal and a layer of cream mixture.
- Sprinkle top with cereal; top with 1 reserved whole cherry.
- Cover; freeze at least 5 to 6 hours before serving.

Nutrition Facts



Properties

Glycemic Index:11.33, Glycemic Load:10.98, Inflammation Score:-3, Nutrition Score:9.1717392620833%

Nutrients (% of daily need)

Calories: 1222.51kcal (61.13%), Fat: 51.73g (79.59%), Saturated Fat: 33.7g (210.65%), Carbohydrates: 205.43g (68.48%), Net Carbohydrates: 195.27g (71.01%), Sugar: 165.03g (183.36%), Cholesterol: 56.18mg (18.73%), Sodium: 2048.1mg (89.05%), Alcohol: 0.23g (100%), Alcohol %: 0.09% (100%), Protein: 11.62g (23.23%), Fiber: 10.16g (40.65%), Calcium: 374.04mg (37.4%), Iron: 4.67mg (25.94%), Vitamin B2: 0.25mg (14.75%), Vitamin A: 707.28IU (14.15%), Selenium: 9.62µg (13.75%), Phosphorus: 119.16mg (11.92%), Vitamin B1: 0.08mg (5.64%), Potassium: 181.58mg (5.19%), Vitamin D: 0.7µg (4.67%), Folate: 16.96µg (4.24%), Vitamin B5: 0.39mg (3.94%), Magnesium: 15.45mg (3.86%), Zinc: 0.55mg (3.65%), Vitamin B12: 0.21µg (3.52%), Manganese: 0.07mg (3.49%), Vitamin E: 0.46mg (3.06%), Copper: 0.06mg (2.99%), Vitamin B3: 0.54mg (2.71%), Vitamin K: 2.23µg (2.12%), Vitamin B6: 0.04mg (1.97%), Vitamin C: 1.1mg (1.34%)