



Hot Chocolate Nog

READY IN



45 min.

SERVINGS



7

CALORIES



396 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup bourbon
- ☐ 0.5 cup chocolate syrup
- ☐ 1 quart eggnog
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 7 servings marshmallows miniature
- ☐ 2 cups milk

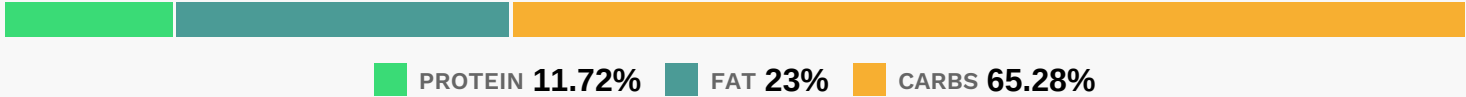
Equipment

- ☐ sauce pan

Directions

- ☐ Heat first 3 ingredients in a large saucepan over medium heat, stirring constantly.
- ☐ Remove from heat, and stir in bourbon. Stir in nutmeg.
- ☐ Pour mixture evenly into 8 mugs. Top with marshmallows, and serve immediately.
- ☐ *1 cup milk and 1 tablespoon vanilla extract may be substituted for bourbon.

Nutrition Facts



Properties

Glycemic Index:34.07, Glycemic Load:21.97, Inflammation Score:-4, Nutrition Score:8.7891304052394%

Nutrients (% of daily need)

Calories: 395.56kcal (19.78%), Fat: 8.22g (12.65%), Saturated Fat: 4.94g (30.9%), Carbohydrates: 52.51g (17.5%), Net Carbohydrates: 51.91g (18.88%), Sugar: 42.18g (46.86%), Cholesterol: 88.13mg (29.38%), Sodium: 139.28mg (6.06%), Alcohol: 11.45g (100%), Alcohol %: 4.99% (100%), Protein: 9.43g (18.86%), Calcium: 265.53mg (26.55%), Phosphorus: 249.34mg (24.93%), Vitamin B2: 0.37mg (21.5%), Vitamin B12: 0.98µg (16.41%), Vitamin D: 2.39µg (15.93%), Magnesium: 48.71mg (12.18%), Selenium: 7.81µg (11.16%), Potassium: 378.08mg (10.8%), Vitamin B5: 0.83mg (8.28%), Copper: 0.17mg (8.25%), Vitamin A: 391.51IU (7.83%), Zinc: 1.09mg (7.28%), Vitamin B1: 0.09mg (5.97%), Vitamin B6: 0.11mg (5.64%), Manganese: 0.1mg (5.1%), Iron: 0.81mg (4.49%), Vitamin C: 2.07mg (2.51%), Fiber: 0.6g (2.41%), Vitamin E: 0.32mg (2.15%), Vitamin B3: 0.31mg (1.56%)