



Hot Cider Nog



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



10

CALORIES



158 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup apple cider
- ☐ 1 sticks garnishes: cinnamon ground cinnamon
- ☐ 2 large eggs
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 2 cups half-and-half
- ☐ 1 cup milk
- ☐ 0.1 teaspoon salt

- ☐ 0.5 cup sugar
- ☐ 10 servings whipped cream sweetened

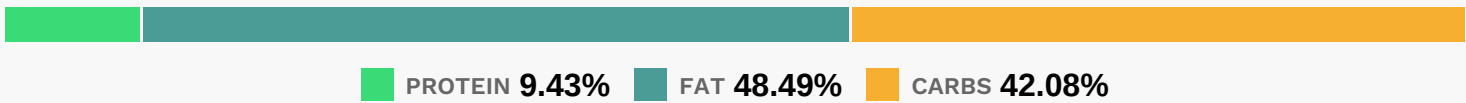
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk together half-and-half, milk, apple cider, eggs, sugar, 1/4 tsp. ground cinnamon, salt, and nutmeg in a heavy saucepan. Cook over medium-low heat, whisking constantly, 15 to 20 minutes or until mixture thickens and coats a spoon.
- ☐ Remove from heat; stir in bourbon, if desired. Top each serving with sweetened whipped cream.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:28.38, Glycemic Load:8.9, Inflammation Score:-2, Nutrition Score:3.7752174061278%

Flavonoids

Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 158.24kcal (7.91%), Fat: 8.71g (13.4%), Saturated Fat: 5.01g (31.33%), Carbohydrates: 17g (5.67%), Net Carbohydrates: 16.74g (6.09%), Sugar: 15.96g (17.73%), Cholesterol: 61.63mg (20.54%), Sodium: 83.63mg (3.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.62%), Vitamin B2: 0.18mg (10.78%), Calcium: 99.52mg (9.95%), Phosphorus: 97.73mg (9.77%), Selenium: 5.26µg (7.52%), Vitamin A: 307.41IU (6.15%), Vitamin B12: 0.33µg (5.5%), Manganese: 0.09mg (4.64%), Potassium: 148.96mg (4.26%), Vitamin B5: 0.42mg (4.15%), Vitamin D: 0.49µg (3.28%), Vitamin B6: 0.06mg (3.17%), Zinc: 0.45mg (3.02%), Magnesium: 11.09mg (2.77%), Vitamin B1: 0.04mg (2.64%), Vitamin E: 0.29mg (1.92%), Folate: 6.38µg (1.59%), Iron: 0.27mg (1.5%), Fiber: 0.26g (1.06%)