



Hot Cider Nog



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



370 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup apple cider
- ☐ 5 servings garnish: cinnamon sticks
- ☐ 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
- ☐ 0.5 cup whipping cream

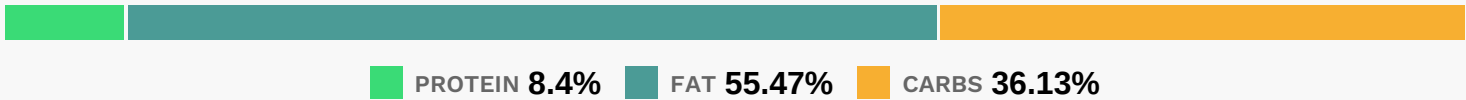
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk together first 8 ingredients in a heavy saucepan; cook over medium–low heat, whisking occasionally, until mixture thickens and coats a spoon (about 15 minutes). Stir in bourbon, if desired. Top each serving with whipped cream.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:45.77, Glycemic Load:17, Inflammation Score:-5, Nutrition Score:8.9399999898413%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epicatechin: 2.22mg, Epicatechin: 2.22mg, Epicatechin: 2.22mg, Epicatechin: 2.22mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 369.77kcal (18.49%), Fat: 23.36g (35.93%), Saturated Fat: 13.84g (86.52%), Carbohydrates: 34.23g (11.41%), Net Carbohydrates: 33.01g (12%), Sugar: 31.67g (35.19%), Cholesterol: 141.03mg (47.01%), Sodium: 172.86mg (7.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.96g (15.92%), Vitamin B2: 0.4mg (23.76%), Calcium: 215.65mg (21.57%), Manganese: 0.41mg (20.64%), Phosphorus: 199.41mg (19.94%), Vitamin A: 886.31IU (17.73%), Selenium: 11.11µg (15.87%), Vitamin B12: 0.66µg (11.06%), Potassium: 308.5mg (8.81%), Vitamin D: 1.32µg (8.78%), Vitamin B5: 0.86mg (8.6%), Vitamin B6: 0.13mg (6.62%), Zinc: 0.94mg (6.29%), Magnesium: 23.32mg (5.83%), Vitamin B1: 0.08mg (5.31%), Vitamin E: 0.75mg (4.99%), Fiber: 1.22g (4.88%), Iron: 0.67mg (3.7%), Folate: 13.42µg (3.36%), Vitamin K: 2.88µg (2.74%), Copper: 0.04mg (2.05%), Vitamin C: 1.52mg (1.84%), Vitamin B3: 0.25mg (1.25%)