



## Marshmallow Cream Nog

READY IN



45 min.

SERVINGS



16

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup bourbon
- 1.7 cups egg substitute frozen thawed
- 0.5 cup marshmallow creme
- 0.5 teaspoon nutmeg freshly grated
- 4 cups skim milk
- 3 tablespoons sugar
- 4 inch vanilla pod split
- 2 cups vanilla ice milk softened

# Equipment

- sauce pan

# Directions

- Combine first 4 ingredients in a large saucepan; stir well. Cook over medium-low heat until marshmallow cream melts. Gradually stir about one-fourth of hot mixture into egg substitute; add to remaining hot mixture, stirring constantly. Cook mixture over low heat, stirring constantly, 1 to 2 minutes or until mixture thickens.
- Remove mixture from heat; stir in bourbon and 1/2 teaspoon nutmeg.
- Let cool. Cover and chill 3 hours.
- Remove and discard vanilla bean; stir in ice milk just before serving.
- Sprinkle with nutmeg, if desired.

# Nutrition Facts



# Properties

Glycemic Index:15.58, Glycemic Load:4.88, Inflammation Score:-3, Nutrition Score:4.8500000717847%

# Nutrients (% of daily need)

Calories: 107.01kcal (5.35%), Fat: 1.99g (3.06%), Saturated Fat: 1.17g (7.29%), Carbohydrates: 13.19g (4.4%), Net Carbohydrates: 13.06g (4.75%), Sugar: 11.8g (13.11%), Cholesterol: 9.1mg (3.03%), Sodium: 88.17mg (3.83%), Alcohol: 2.51g (100%), Alcohol %: 2.71% (100%), Protein: 5.18g (10.36%), Selenium: 11.86µg (16.94%), Vitamin B2: 0.22mg (12.77%), Calcium: 120.36mg (12.04%), Phosphorus: 101.3mg (10.13%), Vitamin B12: 0.5µg (8.41%), Vitamin D: 1.11µg (7.38%), Vitamin B5: 0.73mg (7.3%), Potassium: 188.79mg (5.39%), Vitamin A: 250.73IU (5.01%), Vitamin B1: 0.07mg (4.78%), Zinc: 0.64mg (4.26%), Vitamin B6: 0.08mg (3.84%), Magnesium: 13.52mg (3.38%), Vitamin E: 0.45mg (2.98%), Iron: 0.52mg (2.87%), Folate: 6.1µg (1.52%)