



Martha's Classic Eggnog

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



358 kcal

BEVERAGE

DRINK

Ingredients

- 6 large eggs separated
- 0.8 cup caster sugar
- 2 cups milk whole
- 3 cups cup heavy whipping cream plus more for garnish
- 0.5 cup bourbon
- 0.3 cup rum dark
- 0.3 cup cognac
- 1 serving nutmeg freshly grated for sprinkling

Equipment

Directions

- Cooked Custard Eggnog
- Peppermint Eggnog
- Coconut Eggnog
- Coffee Eggnog
- Stout Eggnog

Nutrition Facts



PROTEIN 7.8% **FAT 71.65%** **CARBS 20.55%**

Properties

Glycemic Index:18.59, Glycemic Load:9.48, Inflammation Score:-6, Nutrition Score:6.1460869577916%

Nutrients (% of daily need)

Calories: 357.65kcal (17.88%), Fat: 25.26g (38.86%), Saturated Fat: 15.27g (95.42%), Carbohydrates: 16.3g (5.43%), Net Carbohydrates: 16.27g (5.92%), Sugar: 16.31g (18.12%), Cholesterol: 165.12mg (55.04%), Sodium: 67.37mg (2.93%), Alcohol: 6.68g (100%), Alcohol %: 5.36% (100%), Protein: 6.18g (12.37%), Vitamin A: 1075.7IU (21.51%), Vitamin B2: 0.29mg (16.79%), Selenium: 10.31µg (14.73%), Vitamin D: 1.9µg (12.66%), Phosphorus: 126.24mg (12.62%), Calcium: 103.72mg (10.37%), Vitamin B12: 0.54µg (8.95%), Vitamin B5: 0.69mg (6.87%), Vitamin E: 0.83mg (5.53%), Vitamin B6: 0.09mg (4.43%), Potassium: 153.26mg (4.38%), Zinc: 0.64mg (4.3%), Folate: 14.26µg (3.56%), Vitamin B1: 0.05mg (3.1%), Magnesium: 12.35mg (3.09%), Iron: 0.52mg (2.87%), Vitamin K: 2.1µg (2%), Copper: 0.03mg (1.59%)