



Mom's Eggnog

READY IN



30 min.

SERVINGS



6

CALORIES



304 kcal

BEVERAGE

DRINK

Ingredients

- 4 egg whites
- 4 egg yolks
- 0.3 cup flour all-purpose
- 1 pinch ground nutmeg
- 2 teaspoons vanilla extract
- 1 cup whipped cream
- 4 teaspoons sugar white
- 2 quarts milk whole

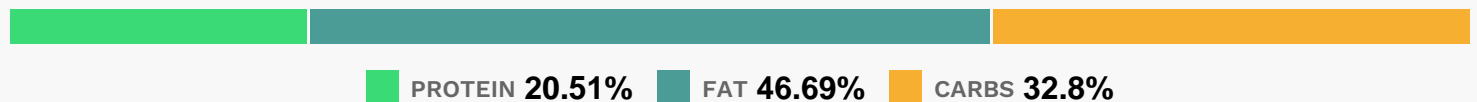
Equipment

- bowl
- sauce pan
- ladle
- whisk

Directions

- In a large saucepan, stir together sugar and flour. Gradually stir in the milk. Bring to a boil over medium heat. In a small bowl, whisk egg yolks until smooth. Ladle a small amount of the hot milk into the yolks and quickly whisk in.
- Pour the tempered yolk mixture back into the hot milk. Cook, stirring constantly, until mixture comes to a boil.
- Remove from heat and allow to cool.
- In a medium glass or metal bowl, beat egg whites until foamy. Gradually add 4 teaspoons sugar, continuing to beat until stiff peaks form. fold whites into egnog and refrigerate until chilled.
- Serve garnished with a dollop of whipped cream and a dash of nutmeg.

Nutrition Facts



Properties

Glycemic Index:51.35, Glycemic Load:12.01, Inflammation Score:-5, Nutrition Score:14.361304262815

Nutrients (% of daily need)

Calories: 304.27kcal (15.21%), Fat: 15.67g (24.11%), Saturated Fat: 8.45g (52.82%), Carbohydrates: 24.76g (8.25%), Net Carbohydrates: 24.54g (8.92%), Sugar: 19.08g (21.2%), Cholesterol: 175.05mg (58.35%), Sodium: 159.94mg (6.95%), Alcohol: 0.46g (100%), Alcohol %: 0.16% (100%), Protein: 15.48g (30.97%), Calcium: 416.51mg (41.65%), Phosphorus: 385.24mg (38.52%), Vitamin B2: 0.63mg (37.01%), Vitamin B12: 1.98µg (33.07%), Vitamin D: 4.16µg (27.72%), Selenium: 19.23µg (27.47%), Vitamin B1: 0.26mg (17.17%), Vitamin B5: 1.63mg (16.35%), Potassium: 543.6mg (15.53%), Vitamin A: 752.74IU (15.05%), Vitamin B6: 0.24mg (12.16%), Zinc: 1.67mg (11.11%), Magnesium: 43.75mg (10.94%), Folate: 31.45µg (7.86%), Vitamin B3: 0.78mg (3.9%), Manganese: 0.08mg (3.84%), Iron: 0.68mg

(3.77%), Vitamin E: 0.54mg (3.57%), Copper: 0.03mg (1.54%), Vitamin K: 1.24µg (1.18%)