



No-Cook Eggnog

READY IN



10 min.

SERVINGS



6

CALORIES



157 kcal

BEVERAGE

DRINK

Ingredients

- 2 tablespoons bourbon
- 0.8 cup egg substitute
- 0.8 cup half-and-half fat-free
- 0.1 teaspoon ground nutmeg
- 1.5 cups milk 2% reduced-fat
- 0.5 cup condensed milk sweetened
- 1 teaspoon vanilla extract

Equipment

bowl

whisk

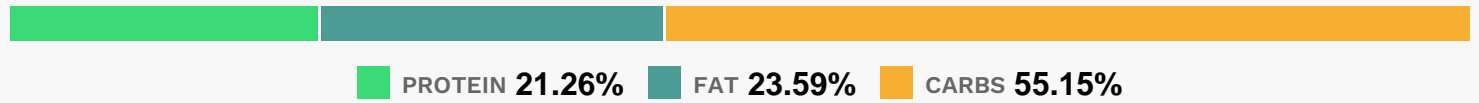
Directions

Whisk together all ingredients in a bowl or pitcher. Cover and chill until ready to serve.

*1 1/2 cups vanilla-flavored soymilk may be substituted.

Note: For testing purposes, we used Egg Beaters egg substitute and Silk Vanilla Soymilk.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:8.47, Inflammation Score:-3, Nutrition Score:7.164782649716%

Nutrients (% of daily need)

Calories: 156.85kcal (7.84%), Fat: 3.82g (5.87%), Saturated Fat: 2.4g (15%), Carbohydrates: 20.06g (6.69%), Net Carbohydrates: 20.06g (7.29%), Sugar: 19.03g (21.14%), Cholesterol: 14.86mg (4.95%), Sodium: 149.43mg (6.5%), Alcohol: 1.9g (100%), Alcohol %: 1.61% (100%), Protein: 7.73g (15.47%), Selenium: 18.5µg (26.42%), Vitamin B2: 0.4mg (23.64%), Calcium: 193.59mg (19.36%), Phosphorus: 185.27mg (18.53%), Vitamin B12: 0.68µg (11.34%), Vitamin B5: 1.03mg (10.35%), Potassium: 303.11mg (8.66%), Zinc: 1.06mg (7.06%), Vitamin B1: 0.1mg (6.6%), Magnesium: 22.5mg (5.62%), Vitamin B6: 0.09mg (4.7%), Vitamin A: 208.49IU (4.17%), Iron: 0.66mg (3.66%), Vitamin E: 0.55mg (3.65%), Vitamin D: 0.53µg (3.54%), Folate: 11.77µg (2.94%), Vitamin C: 1.14mg (1.38%), Copper: 0.02mg (1.03%)