



No-Nonsense Nog

 Vegetarian

READY IN

ready

185 min.

SERVINGS

servings

5

CALORIES

calories

617 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 servings cinnamon for optional topping
- ☐ 5 servings non-dairy whipped topping fat-free for optional topping from an aerosol canister
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 small package vanilla pudding mix fat-free sugar-free instant 4-serving recommended: Jell-O
- ☐ 6 no-calorie sweetener packets
- ☐ 1 teaspoon rum extract
- ☐ 5 cups vanilla soymilk light

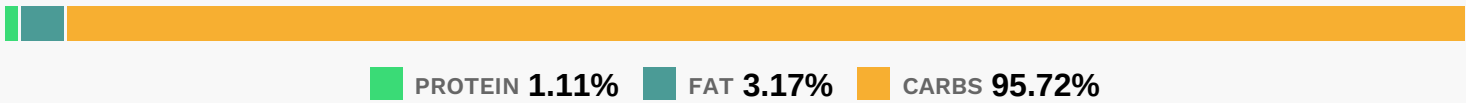
Equipment

☐ blender

Directions

- ☐ Combine all ingredients except optional ingredients in a blender, and blend on high speed until mixed thoroughly. Refrigerate in a covered container for at least a few hours to allow the nog to thicken.
- ☐ If you like, before serving, top each glass off with whipped topping and a sprinkling of cinnamon. Yum time!

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.61, Inflammation Score:-3, Nutrition Score:4.68695649666663%

Nutrients (% of daily need)

Calories: 616.53kcal (30.83%), Fat: 0.45g (0.69%), Saturated Fat: 0.21g (1.31%), Carbohydrates: 30.43g (10.14%), Net Carbohydrates: 29.31g (10.66%), Sugar: 28.25g (31.39%), Cholesterol: 0.72mg (0.24%), Sodium: 23.46mg (1.02%), Alcohol: 71.55g (100%), Alcohol %: 41.77% (100%), Protein: 0.35g (0.7%), Manganese: 0.83mg (41.68%), Vitamin B2: 0.23mg (13.32%), Potassium: 322.11mg (9.2%), Copper: 0.16mg (7.97%), Magnesium: 26.89mg (6.72%), Calcium: 48.16mg (4.82%), Vitamin B3: 0.93mg (4.65%), Fiber: 1.12g (4.49%), Vitamin B6: 0.06mg (3.15%), Iron: 0.42mg (2.35%), Vitamin B1: 0.03mg (2.04%), Zinc: 0.28mg (1.89%), Phosphorus: 17.25mg (1.73%), Vitamin B12: 0.07µg (1.11%)