

# Nutella Egnog



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



1404 kcal

BEVERAGE

DRINK

## Ingredients

- 2 cups rum dark
- 8 eggs separated
- 4 servings hazelnuts crushed toasted
- 2 cups cup heavy whipping cream
- 0.5 cup nutella
- 0.5 cup sugar
- 3 cups milk whole

## Equipment

- bowl
- whisk
- stand mixer
- spatula

## Directions

- Place egg whites in the bowl of a stand mixer and whisk on low speed until frothy, about 30 seconds. Increase speed to medium-high and, watching carefully, beat until they are about the consistency of shaving cream, about 90 seconds. Reduce speed to medium. With mixer running, add half of sugar and beat until incorporated, about 30 seconds.
- Transfer whites to a large bowl. Do not wash bowl.
- Add egg yolks and remaining sugar to now-empty stand mixer bowl and beat at medium-high speed until pale yellow and ribbony, shutting off machine and scraping down sides with a rubber spatula as necessary, about 2 minutes total.
- Add Nutella and mix until homogenous, about 15 seconds.
- Add milk, cream, and alcohol and mix on low speed to combine.
- Using a rubber spatula or handheld whisk, fold the whipped whites into the egg yolk/milk mixture until completely incorporated.
- Serve by ladling into goblets and garnishing with crushed toasted hazelnuts.

## Nutrition Facts

**PROTEIN 9.38%** **FAT 67.73%** **CARBS 22.89%**

## Properties

Glycemic Index:41.86, Glycemic Load:27.29, Inflammation Score:-9, Nutrition Score:33.434782826382%

## Flavonoids

Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg

## Nutrients (% of daily need)

Calories: 1404.22kcal (70.21%), Fat: 86.64g (133.29%), Saturated Fat: 45.52g (284.48%), Carbohydrates: 65.87g (21.96%), Net Carbohydrates: 60.93g (22.16%), Sugar: 59.1g (65.67%), Cholesterol: 483.79mg (161.26%), Sodium: 243.46mg (10.58%), Alcohol: 40.08g (100%), Alcohol %: 8.43% (100%), Protein: 27g (54%), Manganese: 2.23mg (111.69%), Vitamin B2: 0.99mg (57.98%), Phosphorus: 576.89mg (57.69%), Vitamin E: 8.47mg (56.47%), Selenium: 36.28µg (51.83%), Vitamin A: 2528.08IU (50.56%), Calcium: 427.86mg (42.79%), Copper: 0.8mg (39.86%), Vitamin D: 5.68µg (37.85%), Vitamin B12: 2.06µg (34.38%), Magnesium: 113.75mg (28.44%), Vitamin B5: 2.74mg (27.44%), Iron: 4.77mg (26.51%), Vitamin B1: 0.39mg (26.23%), Vitamin B6: 0.5mg (25.19%), Potassium: 868.52mg (24.81%), Zinc: 3.35mg (22.36%), Folate: 85.27µg (21.32%), Fiber: 4.93g (19.74%), Vitamin K: 9.59µg (9.14%), Vitamin B3: 1.05mg (5.25%), Vitamin C: 2.6mg (3.16%)