



Old Fashioned Eggnog

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



593 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 eggs
- ☐ 1 qt cup heavy whipping cream light divided
- ☐ 1 cup golden rum
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 6 servings garnish: nutnemg

Equipment

- ☐ sauce pan

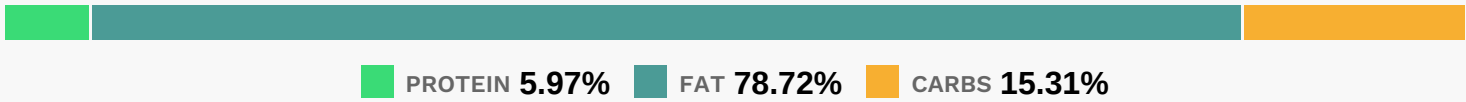
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candy thermometer

Directions

- ☐ Beat eggs until light and foamy.
- ☐ Add sugar amd salt. beating until thick.
- ☐ Combine egg mixture and 2 cups light cream in a large saucepan. Stirring constantly, cook over low heat until mixture coats the back of a metal spoon and reaches 160 on a candy thermometer.
- ☐ Remove from heat.
- ☐ Stir in remaining light cream; add rum or extract and water. Chill several hours.
- ☐ Sprinkle with nutmeg before serving.
- ☐ Garnish with cinnamon sticks.

Nutrition Facts



Properties

Glycemic Index:12.52, Glycemic Load:11.66, Inflammation Score:-7, Nutrition Score:10.160869603572%

Nutrients (% of daily need)

Calories: 592.59kcal (29.63%), Fat: 53.02g (81.56%), Saturated Fat: 31.88g (199.27%), Carbohydrates: 23.2g (7.73%), Net Carbohydrates: 22.14g (8.05%), Sugar: 17.01g (18.9%), Cholesterol: 338.76mg (112.92%), Sodium: 310.26mg (13.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.05g (18.09%), Vitamin A: 1841.26IU (36.83%), Vitamin B2: 0.4mg (23.66%), Selenium: 14.46µg (20.66%), Phosphorus: 184.61mg (18.46%), Manganese: 0.36mg (18.22%), Calcium: 153.8mg (15.38%), Vitamin E: 1.9mg (12.64%), Vitamin D: 1.83µg (12.18%), Vitamin B12: 0.71µg (11.78%), Vitamin B5: 1.09mg (10.9%), Folate: 27.1µg (6.78%), Zinc: 1mg (6.67%), Potassium: 222.71mg (6.36%), Vitamin B6: 0.12mg (6.11%), Iron: 0.99mg (5.52%), Vitamin K: 5.01µg (4.78%), Magnesium: 17.53mg (4.38%), Fiber: 1.06g (4.25%), Vitamin B1: 0.06mg (3.73%), Copper: 0.05mg (2.54%), Vitamin C: 1.02mg (1.24%)