



Puerto Rican Coconut Eggnog (Coquito)

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



422 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 large egg yolk
- ☐ 12 ounce evaporated milk canned
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 cup rum white
- ☐ 1 pinch salt
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 15 ounce coconut milk unsweetened canned

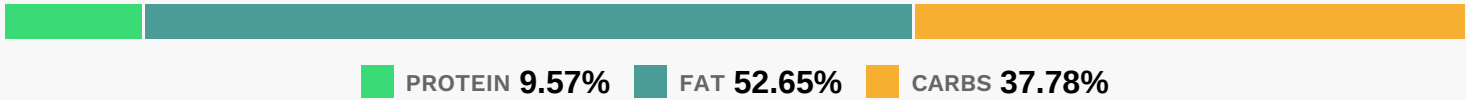
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender

Directions

- ☐ Beat together the evaporated milk and egg yolks in a medium bowl. Strain into a 3-quart pot and simmer over medium heat until slightly thickened, about 5 minutes.
- ☐ Remove from the heat and let cool.
- ☐ Transfer the egg yolk mixture to a blender, and blend in batches.
- ☐ Add the remaining ingredients, blending at high speed until frothy.
- ☐ Pour into a pitcher and refrigerate until chilled before serving.
- ☐ Reprinted with permission from Gran Cocina Latina: The Food of Latin America by Maricel Presilla, © 2012 Norton

Nutrition Facts



Properties

Glycemic Index:10.13, Glycemic Load:16.46, Inflammation Score:-4, Nutrition Score:9.6934782888578%

Nutrients (% of daily need)

Calories: 422.06kcal (21.1%), Fat: 21.31g (32.78%), Saturated Fat: 16.3g (101.86%), Carbohydrates: 34.41g (11.47%), Net Carbohydrates: 33.2g (12.07%), Sugar: 33.06g (36.73%), Cholesterol: 75.1mg (25.03%), Sodium: 123.25mg (5.36%), Alcohol: 10.02g (100%), Alcohol %: 7.07% (100%), Protein: 8.72g (17.43%), Phosphorus: 282.81mg (28.28%), Calcium: 266.5mg (26.65%), Manganese: 0.51mg (25.55%), Vitamin B2: 0.36mg (21.44%), Selenium: 14µg (20%), Potassium: 458.21mg (13.09%), Magnesium: 43.02mg (10.76%), Vitamin B5: 0.87mg (8.68%), Zinc: 1.26mg (8.41%), Copper: 0.17mg (8.27%), Iron: 1.18mg (6.56%), Vitamin B12: 0.37µg (6.15%), Vitamin A: 295.57IU (5.91%), Folate: 23.57µg (5.89%), Vitamin B1: 0.09mg (5.85%), Fiber: 1.2g (4.81%), Vitamin C: 3.59mg (4.35%), Vitamin B6: 0.08mg (3.97%), Vitamin B3: 0.6mg (2.98%), Vitamin D: 0.37µg (2.47%), Vitamin E: 0.34mg (2.26%)