



Rich and Creamy Eggnog

 Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



132 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 cups milk
- ☐ 3.4 oz vanilla pudding instant
- ☐ 8 oz eggs fat-free refrigerated frozen thawed (1 cup)
- ☐ 1 teaspoon vanilla
- ☐ 1 teaspoon rum extract light
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 serving whipped cream

☐ 1 serving nutmeg

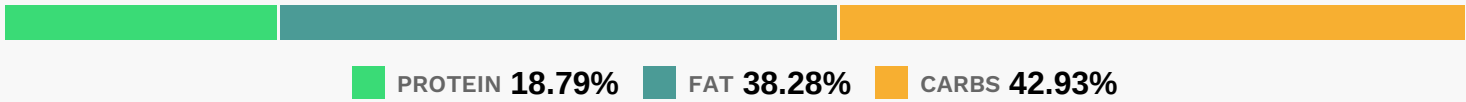
Equipment

☐ bowl

Directions

- ☐ In large bowl, combine 2 cups of the milk and pudding mix; beat 1 minute or until smooth.
- ☐ Add remaining 2 cups milk, egg product, vanilla, rum extract, salt and 1/4 teaspoon nutmeg; beat well. Cover; refrigerate until serving time.
- ☐ Serve topped with whipped cream and a sprinkle of nutmeg.

Nutrition Facts



Properties

Glycemic Index:23.3, Glycemic Load:1.82, Inflammation Score:-2, Nutrition Score:5.3647825423952%

Nutrients (% of daily need)

Calories: 131.53kcal (6.58%), Fat: 5.54g (8.53%), Saturated Fat: 2.68g (16.76%), Carbohydrates: 13.98g (4.66%), Net Carbohydrates: 13.87g (5.04%), Sugar: 12.6g (14%), Cholesterol: 96.54mg (32.18%), Sodium: 188.76mg (8.21%), Alcohol: 0.14g (100%), Alcohol %: 0.13% (100%), Protein: 6.12g (12.24%), Phosphorus: 144.76mg (14.48%), Vitamin B2: 0.24mg (14.15%), Calcium: 134.38mg (13.44%), Selenium: 8.92µg (12.74%), Vitamin B12: 0.73µg (12.18%), Vitamin D: 1.53µg (10.2%), Vitamin B5: 0.71mg (7.14%), Vitamin A: 284.95IU (5.7%), Potassium: 181.99mg (5.2%), Vitamin B6: 0.1mg (4.94%), Zinc: 0.7mg (4.69%), Vitamin B1: 0.06mg (4.32%), Magnesium: 15.01mg (3.75%), Folate: 10.87µg (2.72%), Iron: 0.41mg (2.3%), Vitamin E: 0.29mg (1.94%), Copper: 0.02mg (1.11%)