



Rich Homemade Eggnog

 Vegetarian

READY IN



170 min.

SERVINGS



6

CALORIES



510 kcal

BEVERAGE

DRINK

Ingredients

- 8 egg yolk
- 0.5 cup sugar
- 2 cups milk
- 2 cups whipping cream
- 1 teaspoon vanilla
- 0.3 teaspoon nutmeg freshly grated
- 0.5 cup bourbon
- 1 serving nutmeg freshly grated

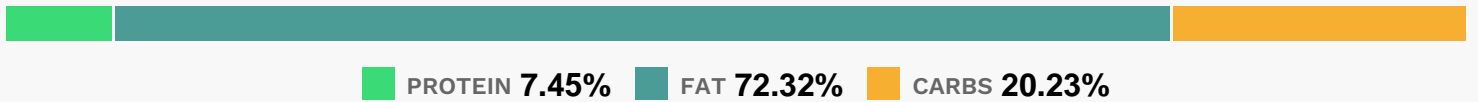
Equipment

- bowl
- sauce pan
- whisk
- hand mixer

Directions

- In medium bowl, beat egg yolks and sugar with wire whisk until thick and lemon colored. In 2-quart saucepan, stir milk and 1 cup of the whipping cream.
- Add yolk mixture, stirring with whisk. Cook over medium heat 10 minutes, stirring constantly, until mixture just coats a metal spoon.
- Remove from heat; stir in vanilla and 1/4 teaspoon nutmeg.
- Place saucepan in cold water until custard is cool, stirring occasionally. Cover; refrigerate at least 2 hours but no longer than 24 hours.
- Just before serving, stir bourbon into chilled custard. In chilled small bowl, beat remaining 1 cup whipping cream with electric mixer on high speed until stiff peaks form. Gently stir whipped cream into custard.
- Sprinkle with additional nutmeg.
- Serve, or refrigerate until serving time. Eggnog can be stored covered in refrigerator up to 2 days.

Nutrition Facts



Properties

Glycemic Index:43.85, Glycemic Load:13.16, Inflammation Score:-7, Nutrition Score:10.389130427786%

Nutrients (% of daily need)

Calories: 510.29kcal (25.51%), Fat: 37.81g (58.16%), Saturated Fat: 22.16g (138.5%), Carbohydrates: 23.8g (7.93%), Net Carbohydrates: 23.72g (8.62%), Sugar: 23.2g (25.78%), Cholesterol: 358.61mg (119.54%), Sodium: 64.34mg (2.8%), Alcohol: 6.91g (100%), Alcohol %: 3.94% (100%), Protein: 8.76g (17.52%), Vitamin A: 1644.46IU (32.89%),

Selenium: 17.47µg (24.96%), Vitamin B2: 0.39mg (23.11%), Vitamin D: 3.46µg (23.07%), Phosphorus: 223.49mg (22.35%), Calcium: 184.37mg (18.44%), Vitamin B12: 1.03µg (17.24%), Vitamin B5: 1.22mg (12.24%), Folate: 38.53µg (9.63%), Vitamin E: 1.39mg (9.26%), Vitamin B6: 0.16mg (8.12%), Zinc: 1.1mg (7.3%), Vitamin B1: 0.11mg (7.09%), Potassium: 226.71mg (6.48%), Magnesium: 17.36mg (4.34%), Iron: 0.76mg (4.25%), Vitamin K: 2.95µg (2.81%), Copper: 0.04mg (1.91%), Manganese: 0.04mg (1.76%)