



## Rich Homemade Eggnog

 Vegetarian

READY IN



170 min.

SERVINGS



6

CALORIES



519 kcal

BEVERAGE

DRINK

### Ingredients

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

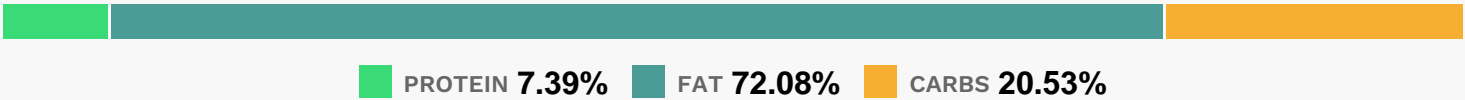
## Equipment

- ☐ 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:13.49, Inflammation Score:-7, Nutrition Score:10.731304261995%

## Nutrients (% of daily need)

Calories: 519.04kcal (25.95%), Fat: 38.41g (59.1%), Saturated Fat: 22.59g (141.2%), Carbohydrates: 24.62g (8.21%), Net Carbohydrates: 24.19g (8.8%), Sugar: 23.67g (26.3%), Cholesterol: 358.61mg (119.54%), Sodium: 64.61mg (2.81%), Alcohol: 6.91g (100%), Alcohol %: 3.91% (100%), Protein: 8.86g (17.72%), Vitamin A: 1646.17IU (32.92%),

Selenium: 17.5µg (25%), Vitamin B2: 0.39mg (23.17%), Vitamin D: 3.46µg (23.07%), Phosphorus: 227.04mg (22.7%), Calcium: 187.43mg (18.74%), Vitamin B12: 1.03µg (17.24%), Vitamin B5: 1.22mg (12.24%), Folate: 39.8µg (9.95%), Vitamin E: 1.39mg (9.26%), Vitamin B6: 0.17mg (8.25%), Zinc: 1.13mg (7.54%), Vitamin B1: 0.11mg (7.48%), Potassium: 232.54mg (6.64%), Magnesium: 20.41mg (5.1%), Iron: 0.81mg (4.53%), Manganese: 0.08mg (4.17%), Vitamin K: 2.95µg (2.81%), Copper: 0.06mg (2.76%), Fiber: 0.43g (1.73%)