



Rich Vanilla Eggnog

READY IN



45 min.

SERVINGS



18

CALORIES



206 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup bourbon
- ☐ 6 eggs lightly beaten
- ☐ 1 cup half-and-half
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 0.5 cup sugar
- ☐ 4 inch vanilla pod split
- ☐ 1 quart whipped cream french softened
- ☐ 2.5 cups milk whole

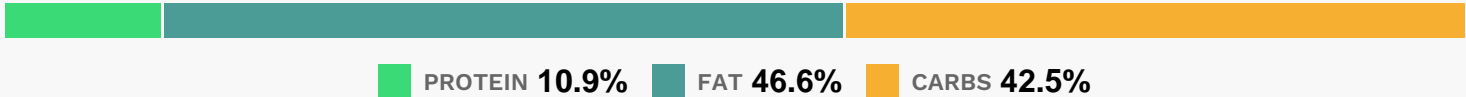
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine first 3 ingredients in a large saucepan; stir well. Cook over medium-low heat until thoroughly heated (do not boil).
- ☐ Combine eggs and sugar in a medium bowl; stir with a wire whisk until well blended. Gradually stir about one-fourth of hot mixture into egg mixture; add to remaining hot mixture, stirring constantly. Cook mixture over low heat, stirring constantly, 20 minutes or until mixture is slightly thickened and reaches 16
- ☐ Remove mixture from heat; stir in bourbon and 1/4 teaspoon nutmeg.
- ☐ Let cool. Cover and chill 3 hours.
- ☐ Remove and discard vanilla bean; stir in ice cream just before serving. If desired, top each serving with sweetened whipped cream and sprinkle with nutmeg.

Nutrition Facts



Properties

Glycemic Index:14.12, Glycemic Load:11.83, Inflammation Score:-3, Nutrition Score:4.9478260732215%

Nutrients (% of daily need)

Calories: 206.01kcal (10.3%), Fat: 9.92g (15.26%), Saturated Fat: 5.61g (35.07%), Carbohydrates: 20.36g (6.79%), Net Carbohydrates: 19.99g (7.27%), Sugar: 18.94g (21.04%), Cholesterol: 86.47mg (28.82%), Sodium: 84.09mg (3.66%), Alcohol: 2.23g (100%), Alcohol %: 2.22% (100%), Protein: 5.22g (10.44%), Vitamin B2: 0.27mg (15.73%), Calcium: 131.69mg (13.17%), Phosphorus: 131.57mg (13.16%), Selenium: 6.56µg (9.37%), Vitamin B12: 0.54µg (9.07%), Vitamin A: 403.06IU (8.06%), Vitamin B5: 0.7mg (6.96%), Potassium: 193.79mg (5.54%), Vitamin D: 0.77µg (5.14%), Zinc: 0.75mg (4.98%), Vitamin B6: 0.08mg (3.88%), Magnesium: 14.58mg (3.65%), Vitamin B1: 0.05mg (3.4%), Folate: 9.95µg (2.49%), Vitamin E: 0.36mg (2.42%), Iron: 0.32mg (1.76%), Fiber: 0.37g (1.5%), Copper: 0.03mg (1.31%)