

Sugar Free Eggnog

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



87 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 teaspoon ground cinnamon
- 1 pinch nutmeg
- 1 ounce vanilla pudding mix sugar-free instant
- 5 cups skim milk
- 1 teaspoon rum extract flavored
- 1 packet artificial sweetener

Equipment

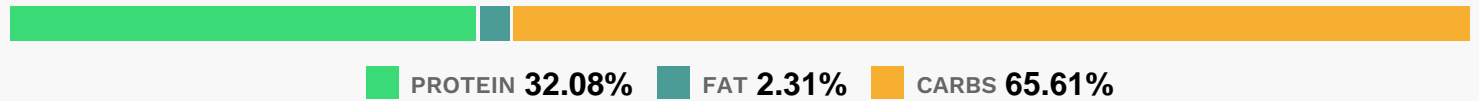
- whisk

mixing bowl

Directions

- In a large mixing bowl, mix together sugar free vanilla pudding mix, nonfat milk, sweetener, ground cinnamon, dash of nutmeg , and rum extract.
- Mix these very well with a wire whisk for at least 2 minutes. If this is too thick, add more milk and sweetener.

Nutrition Facts



Properties

Glycemic Index:18.04, Glycemic Load:3.35, Inflammation Score:-4, Nutrition Score:6.9952173537534%

Nutrients (% of daily need)

Calories: 87.37kcal (4.37%), Fat: 0.22g (0.35%), Saturated Fat: 0.14g (0.9%), Carbohydrates: 14.35g (4.78%), Net Carbohydrates: 14.15g (5.14%), Sugar: 10.4g (11.56%), Cholesterol: 6.13mg (2.04%), Sodium: 286.24mg (12.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.02g (14.03%), Calcium: 270.64mg (27.06%), Phosphorus: 218.87mg (21.89%), Vitamin B12: 1.18µg (19.74%), Vitamin B2: 0.27mg (15.74%), Vitamin D: 2.25µg (14.97%), Potassium: 341.9mg (9.77%), Vitamin A: 416.92IU (8.34%), Vitamin B1: 0.11mg (7.66%), Vitamin B5: 0.73mg (7.29%), Magnesium: 24.85mg (6.21%), Zinc: 0.92mg (6.16%), Vitamin B6: 0.12mg (5.94%), Selenium: 4.09µg (5.84%), Manganese: 0.03mg (1.28%), Vitamin B3: 0.24mg (1.22%), Folate: 4.22µg (1.05%)