



## The Ultimate Eggnog Punch

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



625 kcal

BEVERAGE

DRINK

### Ingredients

- 2 cups bourbon chilled
- 12 large egg whites at room temperature
- 12 large egg yolk
- 2 cups granulated sugar
- 1 cup heavy whipping cream cold
- 8 servings ice cubes for serving
- 8 servings nutmeg freshly grated for serving
- 1 teaspoon vanilla extract

4 cups milk whole

## Equipment

bowl

ladle

whisk

blender

stand mixer

## Directions

Place the egg yolks in the bowl of a stand mixer fitted with a whisk attachment. Beat on medium-high speed until thick and lemon-colored, about 4 minutes. Reduce the speed to medium low, slowly add the sugar, and beat until the mixture is thick and creamy, about 5 minutes. Slowly pour in the bourbon and beat until incorporated. Slowly pour in the milk, cream, and vanilla and continue beating until incorporated, about 3 minutes. (Lower the speed as necessary to keep the liquid from splashing.)

Transfer the mixture to a 4-quart serving container and set aside. Clean and dry the mixer bowl and whisk attachment.

Place the egg whites in the clean, dry bowl and beat on medium-high speed with the clean whisk attachment until medium-stiff peaks form, about 2 minutes. Stir the egg whites into the egg yolk mixture until they are completely incorporated and the eggnog is pale yellow and frothy. To serve, fill cups with ice, ladle the punch over the ice, and garnish with a pinch of nutmeg.

## Nutrition Facts



**PROTEIN 11.68%** **FAT 40.79%** **CARBS 47.53%**

## Properties

Glycemic Index:24.14, Glycemic Load:37.47, Inflammation Score:-6, Nutrition Score:11.952608514091%

## Nutrients (% of daily need)

Calories: 625.24kcal (31.26%), Fat: 22.37g (34.42%), Saturated Fat: 12.07g (75.41%), Carbohydrates: 58.67g (19.56%), Net Carbohydrates: 58.25g (21.18%), Sugar: 57.76g (64.18%), Cholesterol: 323.66mg (107.89%), Sodium:

153.07mg (6.66%), Alcohol: 20.21g (100%), Alcohol %: 6.48% (100%), Protein: 14.41g (28.83%), Selenium: 27.72µg (39.6%), Vitamin B2: 0.59mg (34.69%), Phosphorus: 254.04mg (25.4%), Vitamin D: 3.19µg (21.3%), Calcium: 211.97mg (21.2%), Vitamin B12: 1.25µg (20.8%), Vitamin A: 1004.72IU (20.09%), Vitamin B5: 1.39mg (13.88%), Folate: 41.92µg (10.48%), Potassium: 329.68mg (9.42%), Vitamin B6: 0.18mg (9.02%), Vitamin B1: 0.13mg (8.78%), Zinc: 1.25mg (8.34%), Magnesium: 27.72mg (6.93%), Vitamin E: 0.99mg (6.62%), Iron: 0.88mg (4.87%), Manganese: 0.1mg (4.83%), Copper: 0.08mg (4.07%), Fiber: 0.42g (1.66%), Vitamin K: 1.5µg (1.43%), Vitamin B3: 0.24mg (1.21%)