

# Tom and Jerry

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



259 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 20 fluid ounces brandy
- 1.3 cups powdered sugar
- 12 eggs
- 1 pinch nutmeg
- 24 cups milk

## Equipment

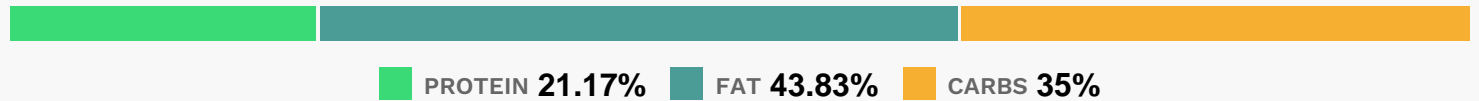
- bowl
- whisk

pot

## Directions

- Separate the eggs. In a large bowl beat the egg whites until frothy.
- Whisk in 3/4 cup of the confectioners' sugar and beat until stiff peaks are formed.
- Beat the egg yolks with the remaining 1/2 cup of confectioners' sugar and about 4 to 5 tablespoons of the brandy until light and lemon colored. Fold the egg whites into the egg yolks and refrigerate.
- In a large stock pot heat the milk until hot but do not boil. Reduce heat and keep milk hot.
- To each mug add 2 tablespoons brandy (or more to taste) and 1 large heaping tablespoon of egg mixture. Stir and fill mug with hot milk.
- Place another tablespoon of egg mixture on top and sprinkle with nutmeg.

## Nutrition Facts



## Properties

Glycemic Index:5.13, Glycemic Load:4.34, Inflammation Score:-4, Nutrition Score:10.004782657179%

## Nutrients (% of daily need)

Calories: 259.31kcal (12.97%), Fat: 9.92g (15.25%), Saturated Fat: 5.24g (32.74%), Carbohydrates: 17.81g (5.94%), Net Carbohydrates: 17.8g (6.47%), Sugar: 17.94g (19.94%), Cholesterol: 111.12mg (37.04%), Sodium: 124.34mg (5.41%), Alcohol: 8.23g (100%), Alcohol %: 3.51% (100%), Protein: 10.78g (21.56%), Calcium: 312.58mg (31.26%), Phosphorus: 291.07mg (29.11%), Vitamin B2: 0.44mg (25.85%), Vitamin B12: 1.51µg (25.22%), Vitamin D: 3.12µg (20.83%), Selenium: 11.43µg (16.33%), Vitamin B5: 1.25mg (12.47%), Potassium: 397.12mg (11.35%), Vitamin A: 514.12IU (10.28%), Vitamin B1: 0.15mg (9.8%), Vitamin B6: 0.19mg (9.33%), Zinc: 1.3mg (8.64%), Magnesium: 32mg (8%), Folate: 10.37µg (2.59%), Vitamin E: 0.35mg (2.35%), Iron: 0.4mg (2.22%), Vitamin B3: 0.28mg (1.38%), Copper: 0.02mg (1.22%), Manganese: 0.02mg (1.09%)