



Tom and Jerry

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



249 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups cognac
- 1 pinch cream of tartar
- 2 large eggs separated at room temperature
- 0.7 cup granulated sugar
- 0.1 teaspoon ground allspice
- 0.3 teaspoon ground cinnamon
- 10 servings nutmeg freshly grated for garnish
- 0.3 cup rum

- 1 tablespoon rum
- 3 cups water hot
- 3 cups milk whole hot

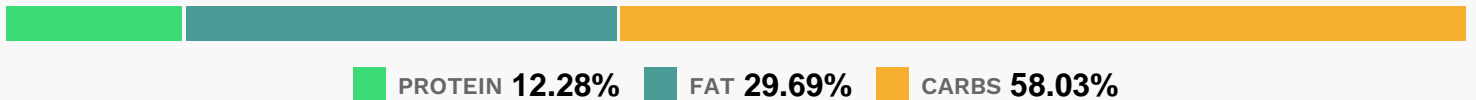
Equipment

- bowl
- whisk

Directions

- Place the egg yolks, sugar, rum, cinnamon, and allspice in a medium bowl and whisk until lightened in color and fluffy; set aside.
- Place the egg whites and cream of tartar in a second medium bowl and whisk until stiff peaks form. Fold half of the beaten egg whites into the egg yolk mixture until just combined, then add the remaining egg whites and fold until just combined and no white streaks remain. For the punch: When ready to serve, place the batter in a 3-quart punch or serving bowl. Slowly pour in the Cognac and rum and stir gently to combine, being careful not to deflate the batter. Slowly pour in the milk and water and stir gently to combine.
- Garnish with grated cinnamon and nutmeg and serve immediately.

Nutrition Facts



Properties

Glycemic Index: 24.31, Glycemic Load: 11.01, Inflammation Score: -3, Nutrition Score: 3.9178260033545%

Nutrients (% of daily need)

Calories: 248.71kcal (12.44%), Fat: 4.07g (6.25%), Saturated Fat: 2.19g (13.71%), Carbohydrates: 17.88g (5.96%), Net Carbohydrates: 17.43g (6.34%), Sugar: 17.44g (19.37%), Cholesterol: 45.98mg (15.33%), Sodium: 46.65mg (2.03%), Alcohol: 18.54g (100%), Alcohol %: 10.43% (100%), Protein: 3.78g (7.56%), Calcium: 102.25mg (10.23%), Phosphorus: 100.28mg (10.03%), Vitamin B2: 0.15mg (8.98%), Vitamin B12: 0.48µg (8.07%), Vitamin D: 1.01µg (6.7%), Selenium: 4.58µg (6.54%), Vitamin B5: 0.43mg (4.27%), Potassium: 148.95mg (4.26%), Manganese: 0.08mg (4.2%), Vitamin B1: 0.06mg (3.69%), Magnesium: 14.42mg (3.6%), Vitamin A: 174.91IU (3.5%), Zinc: 0.5mg (3.36%), Vitamin B6: 0.07mg (3.28%), Copper: 0.05mg (2.65%), Fiber: 0.45g (1.79%), Folate: 6.23µg (1.56%), Iron: 0.27mg (1.52%)