

Tom and Jerry



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



308 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 large eggs separated
- ☐ 1 pinch ground allspice
- ☐ 1 pinch ground cinnamon
- ☐ 1 pinch ground cloves
- ☐ 1 teaspoon ground nutmeg whole freshly grated
- ☐ 1 cup jamaican rum
- ☐ 2.5 tablespoons sugar
- ☐ 1.5 teaspoons vanilla extract

☐ 2.7 cups milk whole

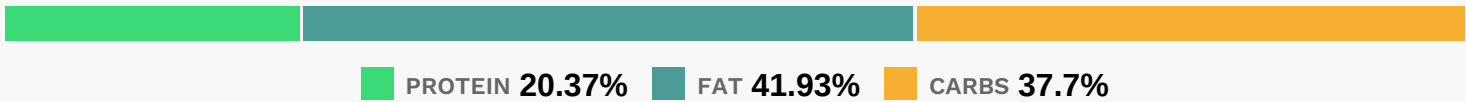
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl
- ☐ hand mixer

Directions

- ☐ In small mixing bowl, whisk yolks briefly.
- ☐ Add sugar, 1 tablespoon rum, vanilla extract, allspice, cloves, and cinnamon, and whisk again. Set aside. Using electric mixer, beat egg whites in another large bowl until stiff and glossy. Fold whites into yolk mixture, and set aside.
- ☐ In medium saucepan over low heat, bring milk to simmer and remove from heat. While milk is warming, briefly stir egg batter, then add 1 1/2 tablespoons to mug. Slowly add 4 tablespoons of remaining rum, stirring constantly to prevent curdling. Fill mug with hot milk, stir, sprinkle with nutmeg, and serve.

Nutrition Facts



Properties

Glycemic Index:53.27, Glycemic Load:8.23, Inflammation Score:-4, Nutrition Score:7.8947826977009%

Nutrients (% of daily need)

Calories: 308.09kcal (15.4%), Fat: 7.8g (12%), Saturated Fat: 3.94g (24.63%), Carbohydrates: 15.78g (5.26%), Net Carbohydrates: 15.63g (5.68%), Sugar: 15.74g (17.48%), Cholesterol: 112.52mg (37.51%), Sodium: 98.32mg (4.27%), Alcohol: 20.56g (100%), Alcohol %: 10.13% (100%), Protein: 8.52g (17.04%), Phosphorus: 217.46mg (21.75%), Calcium: 216.23mg (21.62%), Vitamin B2: 0.34mg (20.26%), Vitamin B12: 1.1µg (18.35%), Selenium: 10.82µg (15.46%), Vitamin D: 2.29µg (15.26%), Vitamin B5: 0.99mg (9.91%), Potassium: 284.81mg (8.14%), Vitamin A: 399.49IU (7.99%), Vitamin B6: 0.14mg (7.19%), Vitamin B1: 0.11mg (7.11%), Zinc: 1.03mg (6.86%), Magnesium: 23.78mg (5.94%), Manganese: 0.07mg (3.39%), Folate: 12.16µg (3.04%), Iron: 0.49mg (2.74%), Vitamin E: 0.35mg (2.31%), Copper:

0.04mg (1.98%), Vitamin B3: 0.21mg (1.06%)