



White Chocolate Eggnog

 Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



213 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup chocolate liqueur white
- 1 quart eggnog
- 8 servings pumpkin pie spice for garnish
- 0.5 cup rum white (recommended: Myer's Platinum)
- 1 cup non-dairy whipped topping
- 8 servings chocolate white grated for garnish

Equipment

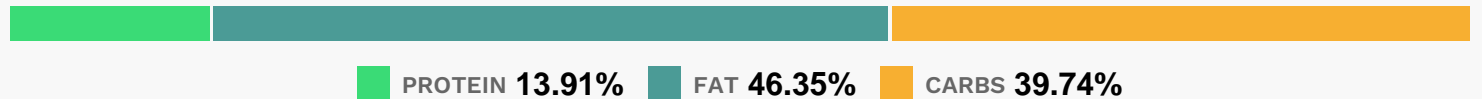
- bowl

whisk

Directions

- In a punch bowl, combine the egg nog, rum, and white chocolate liqueur. When you are ready to serve, whisk the egg nog to make it frothy and pour the mixture into cups.
- Place 1 heaping tablespoon of the whipped topping into each cup.
- Garnish each with the grated white chocolate and a sprinkling of pumpkin pie spice.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:9.06, Inflammation Score:-3, Nutrition Score:5.8165217534355%

Nutrients (% of daily need)

Calories: 213.03kcal (10.65%), Fat: 9.28g (14.28%), Saturated Fat: 5.98g (37.39%), Carbohydrates: 17.9g (5.97%), Net Carbohydrates: 17.74g (6.45%), Sugar: 17.27g (19.19%), Cholesterol: 71.92mg (23.97%), Sodium: 79.62mg (3.46%), Alcohol: 5.01g (100%), Alcohol %: 4.15% (100%), Protein: 6.26g (12.53%), Calcium: 185.67mg (18.57%), Phosphorus: 153.94mg (15.39%), Vitamin B2: 0.26mg (15.37%), Vitamin B12: 0.6µg (10.05%), Vitamin D: 1.42µg (9.46%), Manganese: 0.17mg (8.39%), Selenium: 5.7µg (8.15%), Potassium: 238.04mg (6.8%), Magnesium: 25.6mg (6.4%), Vitamin B5: 0.55mg (5.5%), Vitamin A: 256.01IU (5.12%), Zinc: 0.65mg (4.34%), Vitamin B6: 0.07mg (3.52%), Vitamin B1: 0.05mg (3.34%), Vitamin E: 0.4mg (2.69%), Iron: 0.47mg (2.62%), Vitamin C: 2.05mg (2.49%), Vitamin K: 1.78µg (1.7%), Copper: 0.03mg (1.49%), Vitamin B3: 0.23mg (1.13%)