

Almond Eggnog

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Servings: 12

*6 large egg yolks
1 cup sugar
6 cups whole milk
1/2 cup blanched slivered almonds
1 vanilla bean, split lengthwise
zest of one lemon or orange, in strips
2 sticks cinnamon
1 teaspoon almond extract
cinnamon (for serving)
rum (for serving) (optional)*

Preparation Time: 25 minutes

Refrigerate: 1 hour

Combine the yolks and sugar in a large bowl and whisk until thick and creamy.

Combine the milk, almonds, vanilla bean, citrus zest and cinnamon sticks in a large saucepan over medium heat. Warm until steaming and the surface just begins to bubble (do not boil). Cook for 10 minutes, stirring often, but do not let boil. (Pay attention to the bottom of the pan; stir often and reduce the heat if needed to keep from scorching.)

Turn off the heat and let the milk mixture cool slightly. Drizzle some warm milk into the yolk mixture, whisking constantly, until the yolk mixture is warm and about one-quarter of the milk mixture has been incorporated into the yolks. Pour the yolk mixture into the saucepan with the remaining milk. Turn the heat to medium-low. Cook, stirring, until the mixture thickens enough to lightly coat the back of a spoon (do not let boil), about 5 minutes. Turn off the heat; add the almond extract. Let cool; chill in the refrigerator.

Before serving, remove the cinnamon sticks, vanilla bean and the strips of zest with a slotted spoon; discard. (Leave the almonds in the eggnog.) Puree in a blender until smooth and frothy.

Serve topped with cinnamon and spike with a shot of rum, if desired.

Per Serving (excluding unknown items): 173 Calories; 7g Fat (34.2% calories from fat); 5g Protein; 23g Carbohydrate; 1g Dietary Fiber; 123mg Cholesterol; 64mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Non-Fat Milk; 1 Fat; 1 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	173	Vitamin B6 (mg):	.1mg
% Calories from Fat:	34.2%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	53.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	12.4%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	7g	Folacin (mcg):	19mcg
Saturated Fat (g):	3g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	1
Cholesterol (mg):	123mg	% Refuse:	n n%
Carbohydrate (g):	23g		
Dietary Fiber (g):	1g		
Protein (g):	5g		
Sodium (mg):	64mg		
Potassium (mg):	199mg		
Calcium (mg):	171mg		
Iron (mg):	1mg		
Zinc (mg):	1mg		
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	318IU		
Vitamin A (r.e.):	95RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	1
Other Carbohydrates:	1

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 173 **Calories from Fat:** 59

% Daily Values*

Total Fat 7g	10%
Saturated Fat 3g	17%
Cholesterol 123mg	41%
Sodium 64mg	3%
Total Carbohydrates 23g	8%
Dietary Fiber 1g	2%
Protein 5g	
Vitamin A	6%
Vitamin C	2%
Calcium	17%
Iron	4%

* Percent Daily Values are based on a 2000 calorie diet.