

Chocolate Eggnog

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Servings: 12

Yield: 12 servings, 2/3 cup each

6 eggs

2/3 cup sugar

4 cups 2% chocolate milk, divided

3 cups chocolate ice cream

1 teaspoon vanilla extract

1/2 teaspoon ground nutmeg

1 cup heavy whipping cream

whipped cream, ground nutmeg

and/or chocolate curls (optional toppings)

Preparation Time: 15 minutes

Cook Time: 15 minutes

In a heavy saucepan, whisk the eggs and sugar until blended. Stir in two cups of the chocolate milk. Cook and stir over medium heat for 12 to 15 minutes or until the mixture is just thick enough to coat a spoon and a thermometer reads at least 160 degrees. (Do not allow to boil.) Immediately transfer to a large bowl.

Stir in the ice cream, vanilla and nutmeg until blended. Add the remaining chocolate milk.

In a small bowl, beat the cream until soft peaks form. Stir into the eggnog mixture. Transfer to a pitcher.

Refrigerate, covered, until cold. Stir just before serving. If desired, serve with whipped cream, nutmeg or chocolate curls as toppings.

Per Serving (excluding unknown items): 221 Calories; 13g Fat (53.9% calories from fat); 5g Protein; 21g Carbohydrate; trace Dietary Fiber; 144mg Cholesterol; 68mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat; 1 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	221	Vitamin B6 (mg):	.1mg
% Calories from Fat:	53.9%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	37.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	8.5%	Riboflavin B2 (mg):	.2mg

Total Fat (g): 13g
Saturated Fat (g): 8g
Monounsaturated Fat (g): 4g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 144mg
Carbohydrate (g): 21g
Dietary Fiber (g): trace
Protein (g): 5g
Sodium (mg): 68mg
Potassium (mg): 131mg
Calcium (mg): 62mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): trace
Vitamin A (i.u.): 551IU
Vitamin A (r.e.): 160RE

Folacin (mcg): 18mcg
Niacin (mg): trace
Caffeine (mg): 1mg
Alcohol (kcal): 1
% Refuse: n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 221 **Calories from Fat:** 119

% Daily Values*

Total Fat	13g	21%
	Saturated Fat 8g	38%
Cholesterol	144mg	48%
Sodium	68mg	3%
Total Carbohydrates	21g	7%
	Dietary Fiber trace	1%
Protein	5g	
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Vitamin A		11%
Vitamin C		1%
Calcium		6%
Iron		4%

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