

# Eggnog I

Patricia Faris Trayer

Gourmet Eating in South Carolina - (1985)

## Yield: 2 quarts

1 quart commercial eggnog  
1/2 pint (8 ounces) whipping cream  
12 ounces brandy  
8 ounces dark rum  
nutmeg (for garnish)

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Place the commercial eggnog in a bowl.

Whip the cream and fold into the eggnog.

Add the liquor, pouring gently and stirring continuously.

Fill two one-quart jars.

Top with a sprinkling of nutmeg when served.

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Per Serving (excluding unknown items): 1720 Calories; 44g Fat (94.5% calories from fat); 2g Protein; 3g Carbohydrate; 0g Dietary Fiber; 163mg Cholesterol; 50mg Sodium. Exchanges: 1/2 Non-Fat Milk; 9 Fat.

Beverages

## Per Serving Nutritional Analysis

Calories (kcal):	1720	Vitamin B6 (mg):	trace
% Calories from Fat:	94.5%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	3.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	44g	Folacin (mcg):	4mcg
Saturated Fat (g):	27g	Niacin (mg):	trace
Monounsaturated Fat (g):	13g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	1310
Cholesterol (mg):	163mg	% Refused:	0 0%
Carbohydrate (g):	3g	<b>Food Exchanges</b>	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	50mg	Vegetable:	0

**Potassium (mg):** 101mg  
**Calcium (mg):** 77mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 1749IU  
**Vitamin A (r.e.):** 501RE

**Fruit:** 0  
**Non-Fat Milk:** 1/2  
**Fat:** 9  
**Other Carbohydrates:** 0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 1720                      **Calories from Fat:** 1626

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### % Daily Values\*

<b>Total Fat</b> 44g	68%
Saturated Fat 27g	137%
<b>Cholesterol</b> 163mg	54%
<b>Sodium</b> 50mg	2%
<b>Total Carbohydrates</b> 3g	1%
Dietary Fiber 0g	0%
<b>Protein</b> 2g	
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<b>Vitamin A</b>	35%
<b>Vitamin C</b>	1%
<b>Calcium</b>	8%
<b>Iron</b>	2%

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