

# Nana's Southern Eggnog

*Gourmet Eating in South Carolina - (1985)*

*3 eggs, separated  
few grains salt  
4 tablespoons sugar  
6 tablespoons brandy or bourbon  
1/2 cup whipping cream, whipped  
nutmeg (for garnish)*

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In a bowl, place the egg whites and salt. Beat slowly. Gradually add one tablespoon of sugar to cream while beating. Beat until stiff, gradually adding the remaining sugar. Beat until the whites hold a point..

In a bowl, beat the egg yolks until light. Add the liquor slowly, beating all of the time.

Fold the egg yolk mixture into the egg whites.  
**DO NOT BEAT!**

Add the whipped cream to the eggnog or place a dollop on top of each serving.

Sprinkle the nutmeg on top.

Serve immediately.

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Per Serving (excluding unknown items): 826 Calories; 59g Fat (63.6% calories from fat); 21g Protein; 54g Carbohydrate; 0g Dietary Fiber; 799mg Cholesterol; 255mg Sodium. Exchanges: 2 1/2 Lean Meat; 1/2 Non-Fat Milk; 10 Fat; 3 1/2 Other Carbohydrates.

## Beverages

### Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	826	<b>Vitamin B6 (mg):</b>	.2mg
<b>% Calories from Fat:</b>	63.6%	<b>Vitamin B12 (mcg):</b>	2.2mcg
<b>% Calories from Carbohydrates:</b>	26.1%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	10.2%	<b>Riboflavin B2 (mg):</b>	.9mg
<b>Total Fat (g):</b>	59g	<b>Folacin (mcg):</b>	76mcg
<b>Saturated Fat (g):</b>	32g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	18g	<b>Caffeine (mg):</b>	0mg

**Polyunsaturated Fat (g):** 4g  
**Cholesterol (mg):** 799mg  
**Carbohydrate (g):** 54g  
**Dietary Fiber (g):** 0g  
**Protein (g):** 21g  
**Sodium (mg):** 255mg  
**Potassium (mg):** 292mg  
**Calcium (mg):** 155mg  
**Iron (mg):** 3mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 2481IU  
**Vitamin A (r.e.):** 711RE

**Alcohol (kcal):** 0  
**% Refuse:** 00%

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### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 2 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 1/2  
**Fat:** 10  
**Other Carbohydrates:** 3 1/2

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## Nutrition Facts

### Amount Per Serving

**Calories** 826 Calories from Fat: 526

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### % Daily Values\*

<b>Total Fat</b>	59g	91%
Saturated Fat	32g	160%
<b>Cholesterol</b>	799mg	266%
<b>Sodium</b>	255mg	11%
<b>Total Carbohydrates</b>	54g	18%
Dietary Fiber	0g	0%
<b>Protein</b>	21g	
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<b>Vitamin A</b>		50%
<b>Vitamin C</b>		1%
<b>Calcium</b>		16%
<b>Iron</b>		16%

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