

Very Spirited Eggnog

Edith Demsbar

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 20

12 eggs, separated
1 package (16 ounce) confectioner's sugar
1 cup bourbon
1/2 cup rum
1/4 cup brandy
2 quarts milk
1/4 teaspoon salt
2 cups whipping cream, whipped
freshly ground nutmeg

In a bowl, beat the egg yolks until light and lemon colored. Gradually beat in the confectioner's sugar. Add the bourbon, a little at a time, beating constantly.

Allow the mixture to stand for several hours or overnight to dispel the egg taste.

Add the rum, brandy and milk, beating constantly.

Refrigerate, covered, for three hours.

In a bowl, beat the egg whites with salt until stiff but not dry. Fold into the rum mixture. Fold the whipped cream into the rum mixture.

Dust lightly with freshly ground nutmeg.

Per Serving (excluding unknown items): 257 Calories; 15g Fat (64.2% calories from fat); 7g Protein; 11g Carbohydrate; 0g Dietary Fiber; 173mg Cholesterol; 126mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Non-Fat Milk; 2 1/2 Fat; 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	257	Vitamin B6 (mg):	.1mg
% Calories from Fat:	64.2%	Vitamin B12 (mcg):	.8mcg
% Calories from Carbohydrates:	21.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	14.2%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	15g	Folacin (mcg):	20mcg
Saturated Fat (g):	8g	Niacin (mg):	trace

Monounsaturated Fat (g): 5g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 173mg
Carbohydrate (g): 11g
Dietary Fiber (g): 0g
Protein (g): 7g
Sodium (mg): 126mg
Potassium (mg): 207mg
Calcium (mg): 148mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 619IU
Vitamin A (r.e.): 179 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 47
% Refused: n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 20

Amount Per Serving

Calories 257 **Calories from Fat:** 165

% Daily Values*

Total Fat	15g	23%
Saturated Fat	8g	42%
Cholesterol	173mg	58%
Sodium	126mg	5%
Total Carbohydrates	11g	4%
Dietary Fiber	0g	0%
Protein	7g	
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Vitamin A		12%
Vitamin C		2%
Calcium		15%
Iron		3%

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