

# Eggnog Pudding

*Sally Cornelison - Sebastian, FL  
St. Lucie News-Tribune*

## Servings: 8

*1 envelope gelatin  
1 cup cold milk, divided  
3 eggs, separated  
1/2 cup sugar  
1/8 teaspoon salt  
1/4 teaspoon vanilla  
1/4 teaspoon nutmeg (more can be  
added to taste)  
1/2 cup sherry  
1/2 pint whipping cream, whipped  
grated chocolate (for garnish)*

Soften gelatin in 1/4 cup of the cold milk.

Heat the egg yolks in a double boiler slightly. Add the sugar and the remaining 3/4 cup of cold milk. Cook, stirring constantly, for 10 minutes or until the mixture coats a spoon.

Remove from the heat. Add the gelatin mixture, salt, vanilla and nutmeg. Slowly stir in the sherry. Place in the refrigerator to cool.

When the pudding is cool, whip the egg whites and fold into the pudding. Then fold in the whipped cream.

Pour the pudding into the serving bowl. Refrigerate overnight.

Just before serving, grate the chocolate over the top of the pudding.

*This pudding is best when made one day in advance.*

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Per Serving (excluding unknown items): 210 Calories; 13g Fat (58.8% calories from fat); 3g Protein; 17g Carbohydrate; 0g Dietary Fiber; 120mg Cholesterol; 78mg Sodium. Exchanges: 1/2 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat; 1 Other Carbohydrates.

## Desserts

### Per Serving Nutritional Analysis

Calories (kcal):	210	Vitamin B6 (mg):	trace
% Calories from Fat:	58.8%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	34.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	6.5%	Riboflavin B2 (mg):	.1mg

**Total Fat (g):** 13g  
**Saturated Fat (g):** 7g  
**Monounsaturated Fat (g):** 4g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 120mg  
**Carbohydrate (g):** 17g  
**Dietary Fiber (g):** 0g  
**Protein (g):** 3g  
**Sodium (mg):** 78mg  
**Potassium (mg):** 61mg  
**Calcium (mg):** 31mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 529IU  
**Vitamin A (r.e.):** 151 1/2RE

**Folacin (mcg):** 10mcg  
**Niacin (mg):** trace  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 21  
**% Refuse:** 00%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 210 **Calories from Fat:** 123

### % Daily Values\*

<b>Total Fat</b>	13g	20%
Saturated Fat	7g	37%
<b>Cholesterol</b>	120mg	40%
<b>Sodium</b>	78mg	3%
<b>Total Carbohydrates</b>	17g	6%
Dietary Fiber	0g	0%
<b>Protein</b>	3g	
<b>Vitamin A</b>		11%
<b>Vitamin C</b>		0%
<b>Calcium</b>		3%
<b>Iron</b>		2%

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

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Scripps Treasure Coast Newspapers*

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     Dietary Fiber 0g 0%  
**Protein** 3g

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