

Eggnog II

Deloris Brennan

Gourmet Eating in South Carolina - (1985)

Yield: 2 quarts

6 eggs, separated

1/2 cup sugar

1 envelop[e (5 ounce) whipped topping mix

1/4 cup + two tablespoons bourbon ground nutmeg

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In a bowl, beat the egg whites until foamy. Gradually add 1/4 cup of the sugar, beating until stiff peaks form. Set aside.

In a bowl, prepare the whipped topping mix according to package directions. Set aside.

In a bowl, beat the egg yolks until thick and lemon colored. Gradually add the remaining sugar and then the bourbon, beating well.

Fold the yolk-bourbon mixture and the prepared whipped topping into the egg whites.

Spoon the eggnog into individual serving glasses. Sprinkle with nutmeg.

Per Serving (excluding unknown items): 848 Calories; 30g Fat (32.4% calories from fat); 38g Protein; 102g Carbohydrate; 0g Dietary Fiber; 1272mg Cholesterol; 421mg Sodium. Exchanges: 5 Lean Meat; 2 1/2 Fat; 6 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	848	Vitamin B6 (mg):	.4mg
% Calories from Fat:	32.4%	Vitamin B12 (mcg):	3.9mcg
% Calories from Carbohydrates:	49.4%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	18.2%	Riboflavin B2 (mg):	1.5mg
Total Fat (g):	30g	Folacin (mcg):	144mcg
Saturated Fat (g):	9g	Niacin (mg):	trace
Monounsaturated Fat (g):	11g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	17

Cholesterol (mg):	1272mg
Carbohydrate (g):	102g
Dietary Fiber (g):	0g
Protein (g):	38g
Sodium (mg):	421mg
Potassium (mg):	404mg
Calcium (mg):	157mg
Iron (mg):	6mg
Zinc (mg):	3mg
Vitamin C (mg):	0mg
Vitamin A (i.u.):	1464IU
Vitamin A (r.e.):	420RE

% Refused: 0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	5
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	6 1/2

Nutrition Facts

Amount Per Serving

Calories 848 Calories from Fat: 275

% Daily Values*

Total Fat 30g	46%
Saturated Fat 9g	46%
Cholesterol 1272mg	424%
Sodium 421mg	18%
Total Carbohydrates 102g	34%
Dietary Fiber 0g	0%
Protein 38g	
Vitamin A	29%
Vitamin C	0%
Calcium	16%
Iron	31%

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