

Yummy Rummy Eggnog

Ann Karpac

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

Servings: 30

12 eggs, separated
1 1/2 cups sugar
1/4 teaspoon salt
1 quart heavy cream, beaten
1 quart milk
2 tablespoons vanilla or rum extract
(OR 1/2 cup rum)
freshly ground nutmeg
vanilla ice cream (optional)

In a bowl, beat the egg whites until stiff. Beat in one-half cup of sugar.

In another bowl, beat the egg yolks, one cup of sugar and the salt until very light and fluffy. Combine the egg mixtures, stirring until thoroughly blended. Add the cream, milk and vanilla. Beat well.

Pour the mixture into a punch bowl.

Serve immediately with scoops of vanilla ice cream floating on top.

The eggnog may be stored in the refrigerator in a gallon jug for one week.

Per Serving (excluding unknown items): 198 Calories; 15g Fat (66.5% calories from fat); 4g Protein; 13g Carbohydrate; 0g Dietary Fiber; 133mg Cholesterol; 74mg Sodium. Exchanges: 1/2 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat; 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	198	Vitamin B6 (mg):	trace
% Calories from Fat:	66.5%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	25.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	8.4%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	15g	Folacin (mcg):	12mcg
Saturated Fat (g):	9g	Niacin (mg):	trace
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0

Cholesterol (mg):	133mg
Carbohydrate (g):	13g
Dietary Fiber (g):	0g
Protein (g):	4g
Sodium (mg):	74mg
Potassium (mg):	100mg
Calcium (mg):	70mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	605IU
Vitamin A (r.e.):	174RE

% Refuse: 0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 30

Amount Per Serving

Calories 198 **Calories from Fat:** 131

% Daily Values*

Total Fat 15g	23%
Saturated Fat 9g	43%
Cholesterol 133mg	44%
Sodium 74mg	3%
Total Carbohydrates 13g	4%
Dietary Fiber 0g	0%
Protein 4g	
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Vitamin A	12%
Vitamin C	1%
Calcium	7%
Iron	2%

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