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Egg Nog Ice Cream ♦

Egg Nog Ice Cream is a creamy and rich frozen dessert that is perfect for the holiday season. It is made with traditional egg nog flavors, including nutmeg and vanilla, and has a smooth and velvety texture. This recipe is not suitable for vegans or vegetarians.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 30 mins

Total Time: 50 mins

Recipe Yield: 1000 grams

Number of Servings: 8

Serving Size: 125 g

Ingredients

200 g	Egg Yolks
150 g	Granulated Sugar
500 ml	whole milk
500 ml	heavy cream
2 tsp	vanilla extract

1 tsp	ground nutmeg
2 tsp	rum or rum extract

Directions

Step 1

Stove

In a medium saucepan, whisk together the egg yolks and sugar until well combined.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove

Add the milk, cream, vanilla extract, and nutmeg to the saucepan.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Stove

Cook the mixture over medium heat, stirring constantly, until it thickens and coats the back of a spoon.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Remove the saucepan from the heat and stir in the rum or rum extract.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Preparation

Transfer the mixture to a bowl and cover with plastic wrap, pressing it directly onto the surface of the custard to prevent a skin from forming.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Refrigerating

Refrigerate the custard for at least 4 hours or overnight until completely chilled.

Prep Time: 0 mins

Cook Time: 127 mins

Step 7

Ice cream maker

Once the custard is chilled, transfer it to an ice cream maker and churn according to the manufacturer's instructions.

Prep Time: 0 mins

Cook Time: 30 mins

Step 8

Freezing

Transfer the churned ice cream to a lidded container and freeze for at least 2 hours or until firm.

Prep Time: 0 mins

Cook Time: 120 mins

Step 9

Serving

Serve the Egg Nog Ice Cream in bowls or cones and sprinkle with additional nutmeg if desired.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 20 g

Protein: 5 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	0 g	0%	0%
Sugars	20 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	200 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	8 mcg	333.33%	333.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	4 mcg	26.67%	26.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	15 mg	1.5%	1.5%
Iron	2 mg	25%	11.11%
Potassium	150 mg	4.41%	5.77%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	6 mcg	10.91%	10.91%

Recipe Attributes

Events

Christmas Anniversary

Cuisines

Italian Middle Eastern

Course

Breads Desserts Sauces & Dressings

Diet

Anti-Inflammatory Diet

Nutritional Content

Low Calorie High Fiber High Protein High Iron Low Sodium Sugar-Free
High Vitamin C High Calcium

Kitchen Tools

Blender Oven

Cooking Method

Carbonating Steaming

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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