

# Easy Christmas Spiced Egg Nog

Yield: 4 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/national-lamoon-s-christmas-vacation-eggnog-recipe>

## Ingredients:

- 1 ounce spiced rum
- egg nog You favorite store bough
- 4 ice cubes
- 1 pinch nutmeg

## Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 35 milligrams
4. Fat: 2.5 grams
5. Protein: 3 grams
6. SaturatedFat: 2 grams
7. Sodium: 35 milligrams
8. Sugar: 5 grams

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