



Brandy Milk Punch

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



254 kcal

BEVERAGE

DRINK

Ingredients

- 1 cups brandy
- 8 servings ground nutmeg
- 2 cups half-and-half
- 2 cups ice cubes crushed
- 2 cups milk
- 0.5 cup simple syrup glaze
- 1 teaspoon vanilla extract

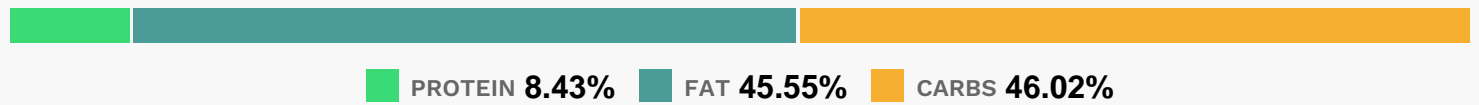
Equipment

- bowl
- whisk
- sieve

Directions

- Whisk together all ingredients except nutmeg in a large bowl.
- Pour through a wire-mesh strainer into chilled glasses.
- Sprinkle with nutmeg.

Nutrition Facts



Properties

Glycemic Index:15.38, Glycemic Load:1.48, Inflammation Score:-3, Nutrition Score:4.6826087210489%

Nutrients (% of daily need)

Calories: 253.75kcal (12.69%), Fat: 9.64g (14.82%), Saturated Fat: 5.91g (36.92%), Carbohydrates: 21.9g (7.3%), Net Carbohydrates: 21.49g (7.81%), Sugar: 21.48g (23.87%), Cholesterol: 28.5mg (9.5%), Sodium: 75.92mg (3.3%), Alcohol: 10.19g (100%), Alcohol %: 5.52% (100%), Protein: 4.01g (8.02%), Calcium: 148.01mg (14.8%), Vitamin B2: 0.22mg (12.76%), Phosphorus: 126.26mg (12.63%), Vitamin B12: 0.44µg (7.41%), Vitamin A: 315.03IU (6.3%), Vitamin B1: 0.09mg (5.9%), Potassium: 192.97mg (5.51%), Magnesium: 19.79mg (4.95%), Iron: 0.86mg (4.79%), Selenium: 3.27µg (4.68%), Vitamin D: 0.67µg (4.47%), Vitamin B5: 0.4mg (4.03%), Zinc: 0.59mg (3.92%), Vitamin B6: 0.07mg (3.55%), Manganese: 0.07mg (3.38%), Copper: 0.05mg (2.35%), Fiber: 0.42g (1.66%), Vitamin E: 0.18mg (1.21%)