



California Milk Punch

 Vegetarian  Gluten Free

READY IN



7230 min.

SERVINGS



16

CALORIES



111 kcal

BEVERAGE

DRINK

Ingredients

- 1 stick cinnamon (3-inch)
- 1.5 teaspoons coriander seeds crushed
- 12 tea bags green
- 16 servings ice cubes for serving
- 0.5 cup juice of lemon freshly squeezed (from 3 medium lemons)
- 4.5 teaspoons lemon zest finely grated
- 1 cup brown sugar light packed
- 3 cloves cloves whole crushed

- 16 servings nutmeg freshly grated for garnish
- 0.8 cup rum such as appleton
- 1 cup water
- 2 cups milk whole

Equipment

- bowl
- frying pan
- sauce pan
- sieve
- kitchen thermometer
- cheesecloth

Directions

- Combine the pisco, rum, lemon zest, lemon juice, and spices in a 2-quart container. Cover and let infuse at room temperature for 2 days. Set a large fine-mesh strainer over a large bowl.
- Pour the infused pisco mixture through the strainer and discard the contents of the strainer; set the infused pisco aside. Bring the brown sugar and water to a simmer in a small saucepan over high heat, stirring until the sugar dissolves.
- Remove the pan from the heat, add the tea bags, and let steep for 6 minutes.
- Remove the tea bags, pressing on them with the back of a spoon to extract all of the liquid.
- Add the green tea syrup to the infused pisco and set aside.
- Place the milk in a small saucepan over medium heat until it's almost hot and reaches 140°F on an instant-read thermometer (do not let the mixture steam), about 4 minutes.
- Add the milk to the pisco-tea mixture and stir to combine (it will curdle). Cover and refrigerate for 3 days. Line a fine-mesh strainer with cheesecloth and set it over a large bowl.
- Pour the milk punch through the strainer and discard the contents of the strainer.
- Transfer the punch to a 2-quart container and refrigerate. Before serving, stir to recombine the ingredients.
- Serve chilled over ice topped with freshly grated nutmeg.

Nutrition Facts

PROTEIN 5.47% FAT 18.12% CARBS 76.41%

Properties

Glycemic Index:8, Glycemic Load:0.94, Inflammation Score:-1, Nutrition Score:2.4317391553651%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 110.59kcal (5.53%), Fat: 1.78g (2.74%), Saturated Fat: 1.1g (6.87%), Carbohydrates: 16.92g (5.64%), Net Carbohydrates: 16.16g (5.88%), Sugar: 15.6g (17.33%), Cholesterol: 3.66mg (1.22%), Sodium: 20.13mg (0.88%), Alcohol: 3.76g (100%), Alcohol %: 3.4% (100%), Protein: 1.21g (2.42%), Manganese: 0.23mg (11.27%), Calcium: 60.65mg (6.06%), Vitamin C: 3.78mg (4.59%), Phosphorus: 37.84mg (3.78%), Fiber: 0.76g (3.03%), Magnesium: 11.04mg (2.76%), Vitamin B12: 0.16µg (2.74%), Vitamin B2: 0.05mg (2.72%), Potassium: 85.25mg (2.44%), Copper: 0.05mg (2.3%), Vitamin D: 0.34µg (2.24%), Vitamin B1: 0.03mg (1.84%), Vitamin B6: 0.03mg (1.66%), Vitamin B5: 0.15mg (1.45%), Zinc: 0.21mg (1.37%), Iron: 0.24mg (1.36%), Selenium: 0.86µg (1.22%), Vitamin A: 53.13IU (1.06%)