



Chilly Coffee Punch



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



23

CALORIES



486 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 gallon ice-cream chocolate shell
- ☐ 6 cups hot-brewed coffee hot brewed
- ☐ 0.5 cup rum / brandy / coffee liqueur
- ☐ 0.3 cup sugar
- ☐ 0.5 gallon whipped cream
- ☐ 23 servings toppings: whipped cream

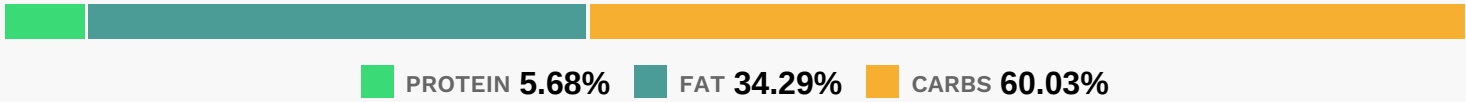
Equipment

- ☐ bowl

Directions

- ☐ Stir together sugar and hot coffee until sugar dissolves. Cover and chill mixture 30 to 45 minutes.
- ☐ Spoon ice cream into a large punch bowl.
- ☐ Pour coffee mixture over ice cream; stir in coffee liqueur.
- ☐ Serve with desired toppings.
- ☐ Note: For testing purposes only, we used hazelnut coffee.

Nutrition Facts



Properties

Glycemic Index:7.87, Glycemic Load:24.12, Inflammation Score:-5, Nutrition Score:9.679565217184%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Myricetin: 0.03mg,
Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin:
0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 486.28kcal (24.31%), Fat: 18.59g (28.6%), Saturated Fat: 11.4g (71.23%), Carbohydrates: 73.23g (24.41%),
Net Carbohydrates: 70.63g (25.68%), Sugar: 62.78g (69.75%), Cholesterol: 64.19mg (21.4%), Sodium: 158.84mg
(6.91%), Alcohol: 1.1g (100%), Alcohol %: 0.52% (100%), Caffeine: 29.6mg (9.87%), Protein: 6.93g (13.85%), Vitamin
B2: 0.42mg (24.97%), Phosphorus: 227.91mg (22.79%), Calcium: 201.89mg (20.19%), Copper: 0.34mg (16.81%),
Magnesium: 63.24mg (15.81%), Manganese: 0.29mg (14.44%), Potassium: 488.6mg (13.96%), Vitamin A: 688.78IU
(13.78%), Vitamin B5: 1.1mg (10.96%), Fiber: 2.6g (10.41%), Iron: 1.69mg (9.39%), Vitamin B12: 0.56µg (9.33%), Zinc:
1.35mg (9%), Selenium: 4.11µg (5.87%), Vitamin B1: 0.08mg (5.37%), Folate: 19.32µg (4.83%), Vitamin B6: 0.09mg
(4.39%), Vitamin E: 0.51mg (3.39%), Vitamin B3: 0.53mg (2.64%), Vitamin D: 0.33µg (2.19%), Vitamin C: 1.15mg
(1.39%)