



Chocolate Milk Punch Pops

READY IN



45 min.

SERVINGS



12

CALORIES



189 kcal

DESSERT

Ingredients

- ☐ 0.5 cup bourbon
- ☐ 3 cups chocolate milk
- ☐ 0.8 cup chocolate syrup
- ☐ 3.5 inch whipped cream
- ☐ 0.3 teaspoon nutmeg grated
- ☐ 3 oz peanut butter cups
- ☐ 0.3 cup sugar
- ☐ 2 teaspoons vanilla extract

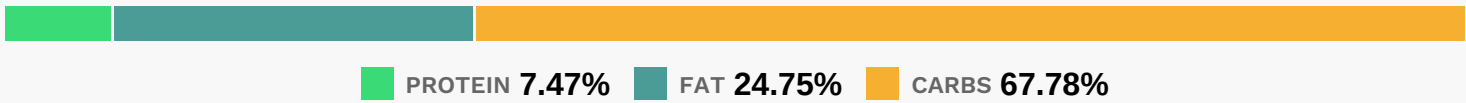
Equipment

- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Combine chocolate milk, bourbon, sugar, vanilla, and nutmeg in a 2-qt. measuring cup, stirring until sugar dissolves.
- ☐ Pour half of mixture into paper cups; cover and chill remaining half.
- ☐ Cover each cup with aluminum foil; make a small slit in center, and insert 1 ice-cream spoon into each cup. Freeze 4 hours or until firm.
- ☐ Carefully remove foil from cups.
- ☐ Pour 1 Tbsp. chocolate syrup into each cup; freeze, uncovered, 2 hours.
- ☐ Pour remaining milk mixture into cups; freeze, uncovered, 8 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:20.92, Glycemic Load:6.07, Inflammation Score:-2, Nutrition Score:3.7978260698526%

Nutrients (% of daily need)

Calories: 188.85kcal (9.44%), Fat: 4.61g (7.09%), Saturated Fat: 2.23g (13.93%), Carbohydrates: 28.38g (9.46%), Net Carbohydrates: 27.13g (9.86%), Sugar: 24.41g (27.13%), Cholesterol: 8.25mg (2.75%), Sodium: 77.12mg (3.35%), Alcohol: 3.57g (100%), Alcohol %: 4.29% (100%), Protein: 3.13g (6.25%), Phosphorus: 100.03mg (10%), Calcium: 79.31mg (7.93%), Copper: 0.16mg (7.86%), Vitamin B2: 0.12mg (7.19%), Magnesium: 24.97mg (6.24%), Manganese: 0.12mg (6.23%), Vitamin D: 0.81µg (5.43%), Fiber: 1.26g (5.03%), Potassium: 173.6mg (4.96%), Vitamin B12: 0.23µg (3.79%), Iron: 0.64mg (3.56%), Zinc: 0.5mg (3.3%), Vitamin B1: 0.04mg (2.48%), Vitamin B5: 0.24mg (2.35%), Vitamin B3: 0.46mg (2.31%), Selenium: 1.6µg (2.28%), Folate: 7.11µg (1.78%), Vitamin B6: 0.03mg (1.7%), Vitamin A: 68.38IU (1.37%)