



Coconut Milk Punch



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



164 kcal

BEVERAGE

DRINK

Ingredients

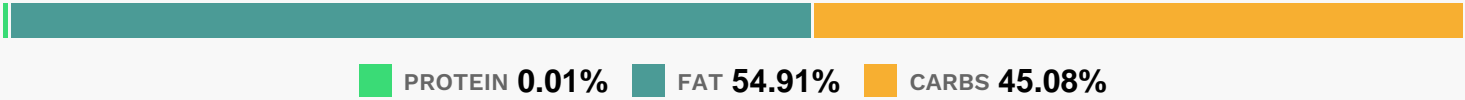
- ☐ 0.3 cup bourbon
- ☐ 4 servings ice cubes crushed
- ☐ 14 ounce coconut milk light canned
- ☐ 0.1 teaspoon nutmeg grated
- ☐ 3 tablespoons sugar

Equipment

Directions

- ☐ Combine bourbon, sugar, and coconut milk in a small pitcher; stir until sugar dissolves.
- ☐ Serve over crushed ice; sprinkle evenly with nutmeg.

Nutrition Facts



Properties

Glycemic Index:38.77, Glycemic Load:6.3, Inflammation Score:-1, Nutrition Score:0.056521739162829%

Nutrients (% of daily need)

Calories: 163.86kcal (8.19%), Fat: 6.66g (10.25%), Saturated Fat: 6.62g (41.4%), Carbohydrates: 12.3g (4.1%), Net Carbohydrates: 12.29g (4.47%), Sugar: 9g (10%), Cholesterol: 0mg (0%), Sodium: 83.03mg (3.61%), Alcohol: 6.68g (100%), Alcohol %: 6.55% (100%), Protein: 0g (0.01%)