



Coffee Milk Punch

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



148 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup rum / brandy / coffee liqueur
- ☐ 0.5 cup fudge topping hot
- ☐ 2 cups half-and-half
- ☐ 6 cups strong coffee decoction hot brewed
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon vanilla extract

Equipment

- ☐ whisk

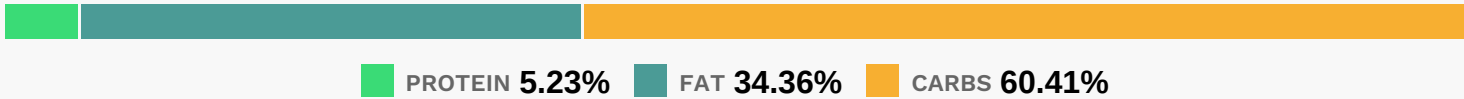
☐

dutch oven

Directions

- ☐ Whisk together hot coffee, fudge topping, and sugar in a large Dutch oven until smooth.
- ☐ Add half-and-half and remaining ingredients, stirring until blended. Bring mixture to a simmer over medium-high heat.
- ☐ Serve immediately, or let cool, cover, and chill 1 to 24 hours, and serve over ice.

Nutrition Facts



Properties

Glycemic Index:4.67, Glycemic Load:2.33, Inflammation Score:-1, Nutrition Score:2.1252174144206%

Flavonoids

Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg
Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Myricetin: 0.05mg,
Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin:
0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 147.98kcal (7.4%), Fat: 4.69g (7.22%), Saturated Fat: 2.69g (16.81%), Carbohydrates: 18.55g (6.18%), Net
Carbohydrates: 18.27g (6.64%), Sugar: 15.66g (17.4%), Cholesterol: 11.39mg (3.8%), Sodium: 58.01mg (2.52%),
Alcohol: 3.71g (100%), Alcohol %: 2.99% (100%), Caffeine: 38.63mg (12.88%), Protein: 1.61g (3.21%), Vitamin B2:
0.15mg (8.55%), Phosphorus: 43.38mg (4.34%), Calcium: 41.52mg (4.15%), Vitamin B5: 0.35mg (3.46%), Potassium:
119.17mg (3.4%), Manganese: 0.06mg (3.09%), Magnesium: 11.04mg (2.76%), Vitamin E: 0.36mg (2.38%), Vitamin A:
114.43IU (2.29%), Copper: 0.04mg (2.05%), Selenium: 1.29µg (1.84%), Vitamin B1: 0.03mg (1.77%), Zinc: 0.23mg
(1.53%), Vitamin B3: 0.25mg (1.23%), Fiber: 0.28g (1.13%), Vitamin B12: 0.07µg (1.12%)