



Coquito

 Vegetarian  Gluten Free  Popular

READY IN



25 min.

SERVINGS



10

CALORIES



388 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 ounce cream of coconut canned
- 2 egg yolks beaten
- 12 fluid ounce evaporated milk canned
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.5 cup rum white
- 14 ounce condensed milk sweetened canned
- 1 teaspoon vanilla extract

0.5 cup water

Equipment

blender

double boiler

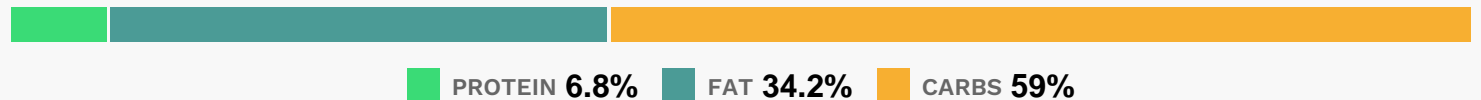
Directions

In the top of a double boiler, combine egg yolks and evaporated milk. Stirring constantly, cook over lightly simmering water until mixture reaches a temperature of 160 degrees F (71 degrees C). The mixture should be thick enough to coat the back of a spoon.

Transfer mixture to a blender, and add cream of coconut, sweetened condensed milk, rum, water, cloves, cinnamon, and vanilla. Blend for about 30 seconds.

Pour into glass bottles, and chill overnight.

Nutrition Facts



Properties

Glycemic Index:8.1, Glycemic Load:13.17, Inflammation Score:-2, Nutrition Score:5.6813043252282%

Nutrients (% of daily need)

Calories: 388.01kcal (19.4%), Fat: 13.71g (21.1%), Saturated Fat: 10.11g (63.17%), Carbohydrates: 53.23g (17.74%), Net Carbohydrates: 51.84g (18.85%), Sugar: 51.69g (57.43%), Cholesterol: 62.66mg (20.89%), Sodium: 110.49mg (4.8%), Alcohol: 4.15g (100%), Alcohol %: 3.68% (100%), Protein: 6.14g (12.27%), Calcium: 211.69mg (21.17%), Phosphorus: 187.11mg (18.71%), Vitamin B2: 0.3mg (17.49%), Selenium: 8.71µg (12.45%), Potassium: 260.46mg (7.44%), Vitamin B5: 0.63mg (6.32%), Fiber: 1.39g (5.57%), Vitamin B12: 0.3µg (5.03%), Zinc: 0.74mg (4.92%), Vitamin A: 243.06IU (4.86%), Magnesium: 19.37mg (4.84%), Vitamin B1: 0.06mg (3.97%), Folate: 12.48µg (3.12%), Manganese: 0.06mg (2.85%), Vitamin B6: 0.05mg (2.56%), Vitamin C: 1.71mg (2.07%), Vitamin D: 0.31µg (2.06%), Vitamin E: 0.22mg (1.47%), Iron: 0.26mg (1.45%)