



Creamy Eggnog Punch

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



30

CALORIES



90 kcal

BEVERAGE

DRINK

Ingredients

- 2 qt eggnog prepared
- 1 tsp ground cinnamon
- 1 cup ice cubes
- 2 tsp rum extract
- 16 oz cool whip whipped topping divided thawed

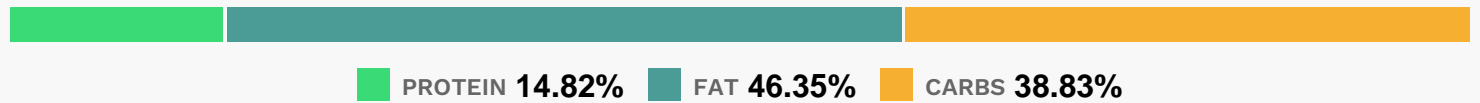
Equipment

- bowl
- whisk

Directions

- Mix eggnog, 1 tub of the whipped topping and cinnamon in large bowl with wire whisk until well blended.
- Add rum extract and ice cubes; mix well.
- Serve immediately or refrigerate until ready to serve. Top with dollops of remaining whipped topping just before serving.
- Sprinkle lightly with nutmeg.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:2.79, Inflammation Score:-1, Nutrition Score:2.7743478339651%

Nutrients (% of daily need)

Calories: 89.6kcal (4.48%), Fat: 4.63g (7.12%), Saturated Fat: 3.34g (20.89%), Carbohydrates: 8.72g (2.91%), Net Carbohydrates: 8.67g (3.15%), Sugar: 8.65g (9.61%), Cholesterol: 37.53mg (12.51%), Sodium: 45.36mg (1.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.66%), Calcium: 93.86mg (9.39%), Phosphorus: 80.01mg (8%), Vitamin B2: 0.13mg (7.85%), Vitamin B12: 0.31µg (5.24%), Vitamin D: 0.76µg (5.05%), Selenium: 3.02µg (4.31%), Potassium: 119.74mg (3.42%), Magnesium: 13.18mg (3.29%), Vitamin A: 141.41IU (2.83%), Vitamin B5: 0.26mg (2.63%), Zinc: 0.31mg (2.05%), Vitamin B6: 0.03mg (1.74%), Vitamin B1: 0.02mg (1.63%), Vitamin E: 0.21mg (1.4%), Vitamin C: 0.95mg (1.15%)