



## Creamy Nog Punch

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

READY IN



45 min.

SERVINGS



12

CALORIES



878 kcal

BEVERAGE

DRINK

### Ingredients

- 0.5 gallon eggnog
- 0.5 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 gallon whipped cream
- 16 ounce non-dairy whipped topping frozen thawed

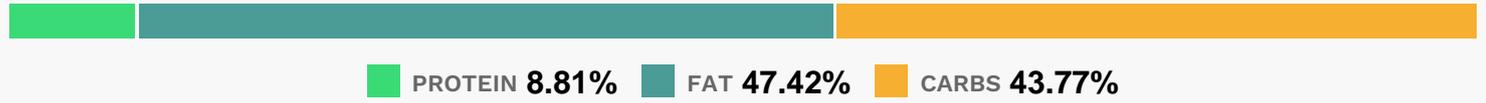
### Equipment

- bowl

## Directions

- Scoop ice cream into a punch bowl.
- Pour eggnog over ice cream, and sprinkle with nutmeg and cinnamon; stir in whipped topping.
- Serve immediately. Stir, as needed.

## Nutrition Facts



## Properties

Glycemic Index:15.92, Glycemic Load:51.08, Inflammation Score:-8, Nutrition Score:19.313478210698%

## Nutrients (% of daily need)

Calories: 877.53kcal (43.88%), Fat: 46.32g (71.26%), Saturated Fat: 29.82g (186.37%), Carbohydrates: 96.21g (32.07%), Net Carbohydrates: 93.93g (34.15%), Sugar: 88.54g (98.38%), Cholesterol: 232.61mg (77.54%), Sodium: 364.78mg (15.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.36g (38.73%), Vitamin B2: 1.09mg (64.17%), Calcium: 636.8mg (63.68%), Phosphorus: 531.52mg (53.15%), Vitamin A: 1681.35IU (33.63%), Vitamin B12: 2.02µg (33.59%), Potassium: 927.11mg (26.49%), Vitamin B5: 2.49mg (24.91%), Zinc: 2.95mg (19.63%), Magnesium: 77.13mg (19.28%), Selenium: 13.22µg (18.88%), Vitamin D: 2.52µg (16.82%), Vitamin B1: 0.19mg (12.74%), Vitamin B6: 0.24mg (11.91%), Vitamin E: 1.47mg (9.79%), Fiber: 2.29g (9.15%), Vitamin C: 4.27mg (5.17%), Copper: 0.1mg (4.94%), Folate: 18.62µg (4.65%), Iron: 0.65mg (3.61%), Vitamin B3: 0.57mg (2.86%), Manganese: 0.05mg (2.63%), Vitamin K: 2.66µg (2.53%)