



Cupid's Creamy Peppermint Punch



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



598 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 liter seltzer water chilled
- ☐ 1 quart eggnog
- ☐ 0.5 gallon whipped cream softened
- ☐ 8 servings peppermint candies hard crushed

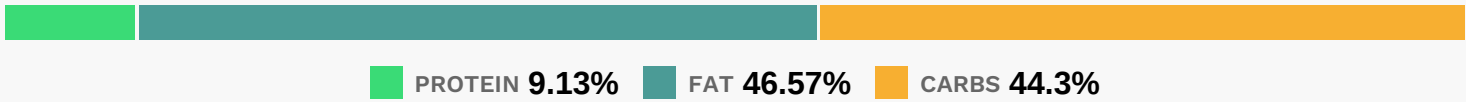
Equipment

- ☐ bowl

Directions

- ☐ Stir together first 3 ingredients in a punch bowl or large bowl; sprinkle with peppermint candy, and serve immediately.
- ☐ Note: Punch may be made ahead, without crushed peppermint candies, and chilled 2 hours. Stir well, and sprinkle with candies just before serving.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:38.95, Inflammation Score:-7, Nutrition Score:13.976956647375%

Nutrients (% of daily need)

Calories: 597.89kcal (29.89%), Fat: 30.98g (47.66%), Saturated Fat: 19.13g (119.55%), Carbohydrates: 66.3g (22.1%), Net Carbohydrates: 64.65g (23.51%), Sugar: 60.36g (67.06%), Cholesterol: 173.89mg (57.96%), Sodium: 279.4mg (12.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.66g (27.33%), Vitamin B2: 0.79mg (46.62%), Calcium: 462.87mg (46.29%), Phosphorus: 377.36mg (37.74%), Vitamin A: 1239.72IU (24.79%), Vitamin B12: 1.46µg (24.25%), Potassium: 668.5mg (19.1%), Vitamin B5: 1.87mg (18.68%), Zinc: 2.3mg (15.34%), Magnesium: 56.85mg (14.21%), Selenium: 9.23µg (13.18%), Vitamin D: 1.89µg (12.62%), Vitamin B1: 0.14mg (9.15%), Vitamin B6: 0.17mg (8.64%), Fiber: 1.66g (6.62%), Vitamin E: 0.96mg (6.39%), Vitamin C: 3.19mg (3.87%), Copper: 0.08mg (3.86%), Folate: 13.01µg (3.25%), Iron: 0.46mg (2.57%), Vitamin B3: 0.4mg (1.99%), Manganese: 0.03mg (1.3%), Vitamin K: 1.06µg (1.01%)