



Eggnog and Sprite® Winter Punch



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



12

CALORIES



241 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 quarts eggnog
- ☐ 1 liter lemon-lime soda sprite® (such as)
- ☐ 1 pinch paprika
- ☐ 3 cups whipped cream softened

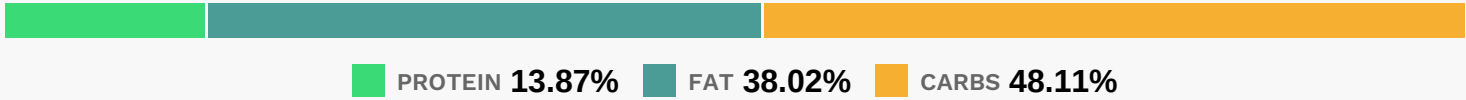
Equipment

- ☐ bowl

Directions

Mix lemon–lime soda and eggnog together in a punch bowl. Stir vanilla ice cream into the soda mixture until top becomes foamy; garnish with paprika.

Nutrition Facts



Properties

Glycemic Index:10.92, Glycemic Load:11.59, Inflammation Score:-3, Nutrition Score:7.4008695897849%

Nutrients (% of daily need)

Calories: 241.21kcal (12.06%), Fat: 10.24g (15.75%), Saturated Fat: 6.33g (39.54%), Carbohydrates: 29.15g (9.72%), Net Carbohydrates: 28.92g (10.52%), Sugar: 28.16g (31.29%), Cholesterol: 107.58mg (35.86%), Sodium: 119.89mg (5.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.47mg (4.16%), Protein: 8.41g (16.82%), Calcium: 248.96mg (24.9%), Vitamin B2: 0.38mg (22.29%), Phosphorus: 206.6mg (20.66%), Vitamin B12: 0.84µg (13.97%), Vitamin D: 1.96µg (13.06%), Selenium: 7.22µg (10.31%), Vitamin A: 467.95IU (9.36%), Potassium: 326.94mg (9.34%), Magnesium: 35.43mg (8.86%), Vitamin B5: 0.85mg (8.5%), Zinc: 0.96mg (6.41%), Vitamin B6: 0.09mg (4.74%), Vitamin B1: 0.07mg (4.48%), Vitamin C: 2.56mg (3.11%), Vitamin E: 0.43mg (2.88%), Iron: 0.36mg (2.02%), Copper: 0.03mg (1.41%), Vitamin B3: 0.22mg (1.09%)