



Eggnog Coffee Punch



Gluten Free



Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



202 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup strongly coffee hot brewed
- ☐ 1.5 cups eggnog
- ☐ 4 pinches ground nutmeg
- ☐ 1.5 cups coffee ice cream
- ☐ 4 tablespoons non-dairy whipped topping frozen thawed

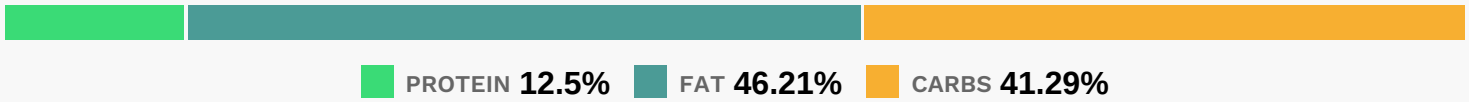
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Scoop the ice cream into a pan over low heat. Stir in the eggnog and coffee; and heat until warm, about 3 minutes.
- ☐ Pour into four glass or ceramic mugs. Top each with 1 tablespoon whipped topping and sprinkle with nutmeg.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:11.33, Inflammation Score:-3, Nutrition Score:6.2595651564391%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Myricetin: 0.03mg,
Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin:
0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 202.21kcal (10.11%), Fat: 10.4g (16%), Saturated Fat: 6.6g (41.23%), Carbohydrates: 20.9g (6.97%), Net
Carbohydrates: 20.35g (7.4%), Sugar: 19.51g (21.68%), Cholesterol: 78.07mg (26.02%), Sodium: 95.62mg (4.16%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 23.7mg (7.9%), Protein: 6.33g (12.66%), Vitamin B2: 0.35mg
(20.55%), Calcium: 193.4mg (19.34%), Phosphorus: 163.04mg (16.3%), Vitamin B12: 0.63µg (10.51%), Potassium:
292.74mg (8.36%), Vitamin B5: 0.84mg (8.35%), Vitamin D: 1.24µg (8.28%), Vitamin A: 408.96IU (8.18%),
Magnesium: 28.95mg (7.24%), Selenium: 5.02µg (7.16%), Zinc: 0.82mg (5.45%), Vitamin B1: 0.07mg (4.36%),
Vitamin B6: 0.07mg (3.72%), Manganese: 0.05mg (2.57%), Vitamin E: 0.38mg (2.51%), Fiber: 0.55g (2.22%), Vitamin
C: 1.76mg (2.13%), Copper: 0.04mg (1.78%), Iron: 0.28mg (1.53%), Vitamin B3: 0.29mg (1.44%), Folate: 5.51µg (1.38%)