



Eggnog-Coffee Punch



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



417 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups hot-brewed coffee hot brewed
- ☐ 1 quart eggnog
- ☐ 1 quart whipped cream
- ☐ 12 servings nutmeg
- ☐ 0.5 cup strong coffee decoction brewed
- ☐ 1 quart whipped cream
- ☐ 12 servings non-dairy whipped topping frozen thawed

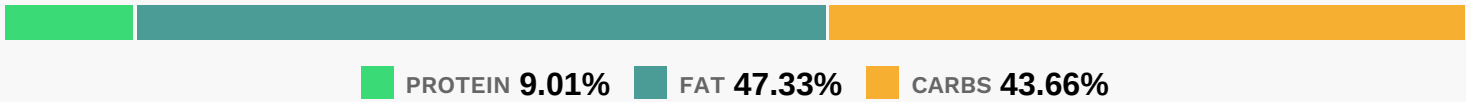
Equipment

☐ bowl

Directions

- ☐ Scoop ice cream into a punch bowl.
- ☐ Add eggnog, coffee, liqueur, and, if desired, bourbon, stirring until ice cream slightly melts.
- ☐ Serve in glass mugs. Dollop punch with whipped topping; sprinkle with nutmeg.
- ☐ Serve immediately.
- ☐ NOTE: For testing purposes only, we used Kahlua coffee liqueur.

Nutrition Facts



Properties

Glycemic Index:20.58, Glycemic Load:25.92, Inflammation Score:-5, Nutrition Score:10.044347757879%

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: 0.02mg,
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin:
0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 416.96kcal (20.85%), Fat: 21.98g (33.81%), Saturated Fat: 13.78g (86.13%), Carbohydrates: 45.62g (15.21%),
Net Carbohydrates: 44.1g (16.04%), Sugar: 41.42g (46.02%), Cholesterol: 116.02mg (38.67%), Sodium: 173.31mg
(7.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 19.75mg (6.58%), Protein: 9.42g (18.84%), Vitamin B2:
0.57mg (33.59%), Calcium: 312.27mg (31.23%), Phosphorus: 260.64mg (26.06%), Vitamin A: 831.85IU (16.64%),
Vitamin B12: 0.98µg (16.32%), Vitamin B5: 1.37mg (13.71%), Potassium: 479.74mg (13.71%), Magnesium: 42.52mg
(10.63%), Zinc: 1.51mg (10.06%), Selenium: 6.29µg (8.99%), Vitamin D: 1.26µg (8.41%), Vitamin B1: 0.11mg (7.08%),
Fiber: 1.52g (6.08%), Vitamin B6: 0.12mg (5.99%), Vitamin E: 0.67mg (4.44%), Manganese: 0.09mg (4.3%), Copper:
0.07mg (3.43%), Folate: 11.32µg (2.83%), Vitamin C: 2.19mg (2.65%), Iron: 0.37mg (2.06%), Vitamin B3: 0.39mg
(1.95%)