



Frosty Milk Punch



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



96 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup brandy
- ☐ 1 tablespoon firmly brown sugar packed
- ☐ 0.1 teaspoon ground cardamom
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 2 cups milk chilled

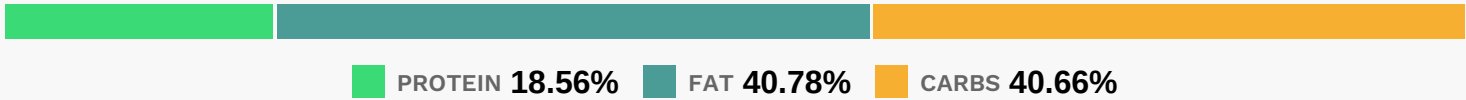
Equipment

☐ blender

Directions

- ☐ In a blender, combine milk, cinnamon, cardamom, cloves, and nutmeg.
- ☐ Add brandy, 1/4 cup ice cubes, and brown sugar. Whirl until smooth.
- ☐ Pour into glasses.

Nutrition Facts



Properties

Glycemic Index:26.6, Glycemic Load:1.74, Inflammation Score:-2, Nutrition Score:3.3473913088117%

Nutrients (% of daily need)

Calories: 95.92kcal (4.8%), Fat: 3.14g (4.83%), Saturated Fat: 1.82g (11.4%), Carbohydrates: 7.04g (2.35%), Net Carbohydrates: 6.97g (2.53%), Sugar: 7.03g (7.81%), Cholesterol: 11.71mg (3.9%), Sodium: 37.97mg (1.65%), Alcohol: 4.01g (100%), Alcohol %: 4.53% (100%), Protein: 3.21g (6.43%), Calcium: 123.34mg (12.33%), Phosphorus: 99.34mg (9.93%), Vitamin B12: 0.53µg (8.78%), Vitamin B2: 0.14mg (7.96%), Vitamin D: 1.07µg (7.16%), Potassium: 150.89mg (4.31%), Vitamin B1: 0.06mg (3.7%), Vitamin B5: 0.37mg (3.68%), Vitamin A: 158.47IU (3.17%), Vitamin B6: 0.06mg (3.05%), Magnesium: 12.16mg (3.04%), Zinc: 0.41mg (2.74%), Selenium: 1.89µg (2.7%), Manganese: 0.05mg (2.39%)