



Holiday Milk Punch: the New Eggnog

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



352 kcal

BEVERAGE

DRINK

Ingredients

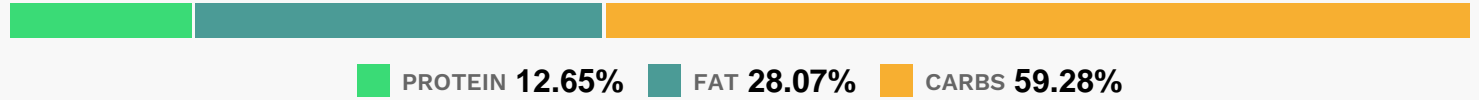
- 0.5 cup brandy
- 1 cup rum dark
- 1 cup sugar
- 2 tablespoons vanilla extract
- 0.5 gallon milk whole

Equipment

Directions

- Dissolve sugar in rum, brandy and vanilla extract in a large, heavy pitcher.
- Add milk; freeze until very cold or even slushy, about 4 to 8 hours. (Can be frozen for a month.)
- Pour into glasses, grate nutmeg over each glass, if desired, and serve.

Nutrition Facts



Properties

Glycemic Index:17.26, Glycemic Load:21.65, Inflammation Score:-4, Nutrition Score:7.842608768007%

Nutrients (% of daily need)

Calories: 351.51kcal (17.58%), Fat: 7.65g (11.77%), Saturated Fat: 4.4g (27.51%), Carbohydrates: 36.36g (12.12%), Net Carbohydrates: 36.36g (13.22%), Sugar: 36.74g (40.82%), Cholesterol: 28.39mg (9.46%), Sodium: 90.9mg (3.95%), Alcohol: 16.15g (100%), Alcohol %: 6.61% (100%), Protein: 7.76g (15.52%), Calcium: 291.61mg (29.16%), Phosphorus: 240.95mg (24.09%), Vitamin B12: 1.28µg (21.29%), Vitamin B2: 0.34mg (19.77%), Vitamin D: 2.6µg (17.35%), Potassium: 361.09mg (10.32%), Vitamin B1: 0.14mg (9.04%), Vitamin B5: 0.88mg (8.84%), Vitamin A: 383.27IU (7.67%), Vitamin B6: 0.15mg (7.28%), Magnesium: 28.78mg (7.2%), Selenium: 4.65µg (6.64%), Zinc: 0.99mg (6.63%), Vitamin B3: 0.27mg (1.34%), Manganese: 0.03mg (1.3%)