



Hot Buttered Bourbon

READY IN



45 min.

SERVINGS



20

CALORIES



571 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 liter bourbon
- ☐ 1 pound butter softened
- ☐ 1 sticks garnishes: cinnamon ground cinnamon
- ☐ 4 quarts hot-brewed coffee hot brewed
- ☐ 2 teaspoons ground cinnamon
- ☐ 2 teaspoons ground nutmeg
- ☐ 16 ounce brown sugar light
- ☐ 16 ounce powdered sugar sifted
- ☐ 20 servings whipped cream sweetened

☐ 1 quart whipped cream softened

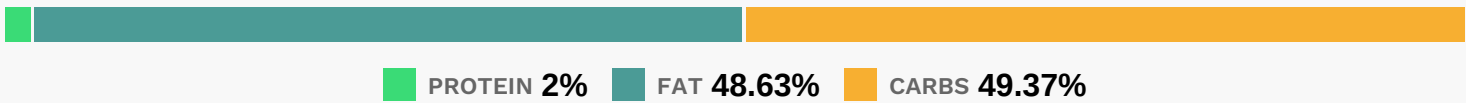
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ Beat first 5 ingredients in a large bowl at medium speed with an electric mixer until light and fluffy. Stir in ice cream; freeze in an airtight container until firm.
- ☐ Combine ice-cream mixture, bourbon, and coffee in a large bowl, stirring well. Or for 1 serving, combine 3 tablespoons ice-cream mixture, 3 tablespoons bourbon, and 3/4 cup coffee in a large mug, stirring well.
- ☐ Serve with sweetened whipped cream; garnish, if desired.
- ☐ Note: Ice-cream mixture may be frozen up to 1 month.

Nutrition Facts



Properties

Glycemic Index:13.05, Glycemic Load:7.07, Inflammation Score:-5, Nutrition Score:4.7169564521831%

Flavonoids

Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg
Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Myricetin: 0.09mg,
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0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 571.42kcal (28.57%), Fat: 25.05g (38.53%), Saturated Fat: 15.76g (98.48%), Carbohydrates: 57.21g (19.07%), Net Carbohydrates: 56.64g (20.6%), Sugar: 54.77g (60.86%), Cholesterol: 74.14mg (24.71%), Sodium: 195.33mg (8.49%), Alcohol: 16.94g (100%), Alcohol %: 5.93% (100%), Caffeine: 75.71mg (25.24%), Protein: 2.32g (4.64%), Vitamin B2: 0.28mg (16.21%), Vitamin A: 808.38IU (16.17%), Calcium: 99.03mg (9.9%), Vitamin B5: 0.83mg (8.3%), Manganese: 0.14mg (7.16%), Phosphorus: 69.75mg (6.97%), Potassium: 235.12mg (6.72%), Vitamin E: 0.73mg (4.89%), Vitamin B12: 0.24µg (4.01%), Magnesium: 16.05mg (4.01%), Vitamin B1: 0.05mg (3.54%), Zinc: 0.45mg (2.98%), Vitamin B3: 0.47mg (2.35%), Fiber: 0.57g (2.29%), Selenium: 1.59µg (2.27%), Copper: 0.04mg

(2.07%), Vitamin K: 2.15µg (2.05%), Vitamin B6: 0.04mg (1.92%), Folate: 7.41µg (1.85%), Iron: 0.3mg (1.67%)