



Milk Moose Punch



Gluten Free



Dairy Free



Low Fod Map

READY IN



730 min.

SERVINGS



19

CALORIES



619 kcal

BEVERAGE

DRINK

Ingredients

- 750 milliliter rum / brandy / coffee liqueur flavored kahlua® (such as)
- 6 quarts eggnog
- 750 milliliter irish cream liqueur panama jack® (such as)
- 750 milliliter vodka

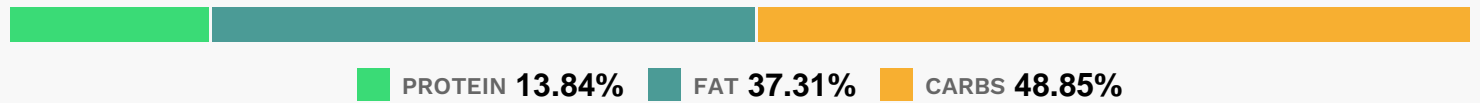
Equipment

- bowl
- whisk

Directions

- Chill the coffee liqueur, vodka, and Irish cream in the refrigerator at least 12 hours.
- Pour the coffee liqueur and vodka into a 12-quart punch bowl.
- Whisk in the Irish cream, followed by the egg nog.
- Whisk until evenly blended.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:3.68, Glycemic Load:13.23, Inflammation Score:-6, Nutrition Score:11.524347761403%

Nutrients (% of daily need)

Calories: 619.3kcal (30.97%), Fat: 17.76g (27.32%), Saturated Fat: 10.93g (68.31%), Carbohydrates: 52.33g (17.44%), Net Carbohydrates: 52.33g (19.03%), Sugar: 50.36g (55.96%), Cholesterol: 176.34mg (58.78%), Sodium: 164.96mg (7.17%), Alcohol: 27.23g (100%), Alcohol %: 8.26% (100%), Protein: 14.82g (29.64%), Calcium: 388.5mg (38.85%), Vitamin B2: 0.57mg (33.57%), Phosphorus: 327.75mg (32.77%), Vitamin D: 3.59µg (23.91%), Vitamin B12: 1.34µg (22.41%), Selenium: 12.55µg (17.93%), Magnesium: 56.78mg (14.2%), Potassium: 493.5mg (14.1%), Vitamin B5: 1.25mg (12.46%), Vitamin A: 615.63IU (12.31%), Zinc: 1.37mg (9.16%), Vitamin B6: 0.15mg (7.47%), Vitamin B1: 0.1mg (6.91%), Vitamin C: 4.48mg (5.43%), Vitamin E: 0.63mg (4.18%), Iron: 0.6mg (3.34%), Copper: 0.04mg (2.14%), Vitamin B3: 0.31mg (1.57%)