



Milk Punch

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



231 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 teaspoons bittersweet chocolate grated
- ☐ 0.8 cup bourbon
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 4 teaspoons vanilla extract
- ☐ 8 cups whipped cream fat-free 98%

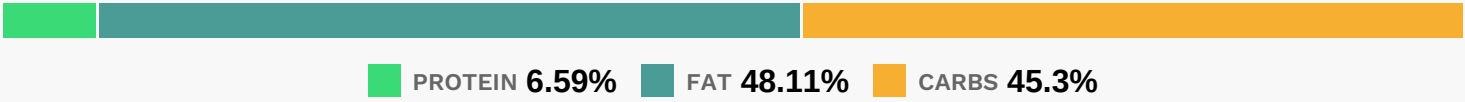
Equipment

- ☐ blender

Directions

- ☐ Combine first 5 ingredients in a blender; process just until smooth.
- ☐ Pour 1/2 cup ice cream mixture into each of 12 glasses; sprinkle each serving with about 1/4 teaspoon chocolate.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.58, Glycemic Load:12.31, Inflammation Score:-3, Nutrition Score:3.828695634137%

Nutrients (% of daily need)

Calories: 230.81kcal (11.54%), Fat: 10.34g (15.91%), Saturated Fat: 6.36g (39.75%), Carbohydrates: 21.91g (7.3%), Net Carbohydrates: 21.1g (7.67%), Sugar: 19.45g (21.61%), Cholesterol: 38.82mg (12.94%), Sodium: 70.86mg (3.08%), Alcohol: 5.47g (100%), Alcohol %: 6.53% (100%), Protein: 3.19g (6.38%), Vitamin B2: 0.21mg (12.59%), Calcium: 114.79mg (11.48%), Phosphorus: 97.58mg (9.76%), Vitamin A: 371.63IU (7.43%), Vitamin B12: 0.35µg (5.77%), Potassium: 187.36mg (5.35%), Vitamin B5: 0.52mg (5.17%), Zinc: 0.66mg (4.41%), Magnesium: 15.57mg (3.89%), Fiber: 0.81g (3.24%), Manganese: 0.05mg (2.58%), Vitamin B1: 0.04mg (2.53%), Selenium: 1.73µg (2.47%), Copper: 0.05mg (2.3%), Vitamin B6: 0.04mg (2.18%), Vitamin E: 0.28mg (1.84%), Vitamin D: 0.18µg (1.17%), Folate: 4.47µg (1.12%), Iron: 0.2mg (1.11%)