



Milky Pecan Punch

 Vegetarian

READY IN



213 min.

SERVINGS



15

CALORIES



98 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup bourbon
- 1 tablespoon cream of coconut
- 0.5 cup evaporated cane juice
- 1 teaspoon ground cinnamon
- 0.1 teaspoon kosher salt
- 1 cup milk
- 1 cup pecans chopped
- 0.5 teaspoon vanilla extract

1 cup water

Equipment

food processor

frying pan

oven

sieve

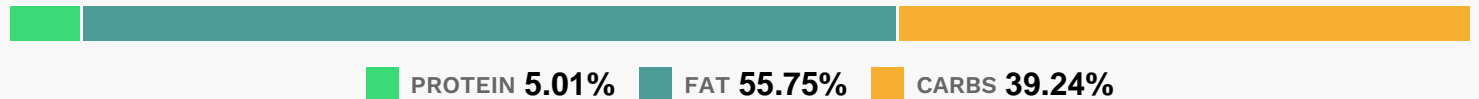
Directions

Bake pecans in a single layer in a shallow pan at 350 for 8 to 10 minutes or until toasted and fragrant, stirring once. Cool 10 minutes. Process pecans, syrup, cream of coconut, cinnamon, vanilla, and kosher salt in a food processor 30 to 60 seconds or until smooth. With processor running, pour water through food chute. Press mixture through a fine wire-mesh strainer into a pitcher, using back of spoon. Discard solids. Cover and chill 3 to 24 hours. Stir in milk and bourbon just before serving.

Serve over ice.

Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:4.53, Glycemic Load:0.32, Inflammation Score:-1, Nutrition Score:2.3639130660373%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg

Nutrients (% of daily need)

Calories: 97.61kcal (4.88%), Fat: 5.97g (9.18%), Saturated Fat: 0.94g (5.89%), Carbohydrates: 9.45g (3.15%), Net Carbohydrates: 8.64g (3.14%), Sugar: 8.6g (9.56%), Cholesterol: 1.95mg (0.65%), Sodium: 27.05mg (1.18%), Alcohol: 1.38g (100%), Alcohol %: 3.4% (100%), Protein: 1.21g (2.41%), Manganese: 0.35mg (17.6%), Copper: 0.09mg (4.56%), Vitamin B1: 0.06mg (3.82%), Phosphorus: 36.81mg (3.68%), Fiber: 0.81g (3.24%), Magnesium: 11mg (2.75%), Calcium: 26.93mg (2.69%), Zinc: 0.4mg (2.68%), Vitamin B2: 0.03mg (1.9%), Potassium: 57.25mg (1.64%), Vitamin B12: 0.09µg (1.46%), Vitamin B6: 0.03mg (1.27%), Vitamin B5: 0.12mg (1.24%), Vitamin D: 0.18µg (1.19%), Iron: 0.2mg (1.09%)