



Mocha Punch

 Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



770 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 quart ice-cream chocolate shell
- ☐ 1 quart chocolate milk
- ☐ 9 servings semisweet chocolate shavings
- ☐ 1 quart coffee ice cream
- ☐ 1 cup kahlua
- ☐ 4 cups strong coffee decoction chilled brewed
- ☐ 14 ounce condensed milk sweetened canned

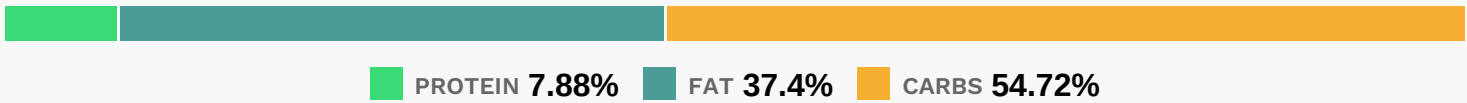
Equipment

☐ bowl

Directions

- ☐ Combine first 4 ingredients in a large pitcher. Cover and chill.
- ☐ Pour chilled mixture into a large punch bowl. Scoop chocolate and coffee ice creams into punch; stir gently.
- ☐ Sprinkle with chocolate shavings.
- ☐ *Substitute amaretto-flavored nondairy liquid creamer for Kahla, or increase coffee to 5 cups.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:47.01, Inflammation Score:-7, Nutrition Score:16.997826208239%

Flavonoids

Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg
Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Myricetin: 0.05mg,
Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin:
0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 770.4kcal (38.52%), Fat: 31.02g (47.72%), Saturated Fat: 19.17g (119.8%), Carbohydrates: 102.08g (34.03%),
Net Carbohydrates: 99.17g (36.06%), Sugar: 95.66g (106.29%), Cholesterol: 109.69mg (36.56%), Sodium:
287.44mg (12.5%), Alcohol: 5.69g (100%), Alcohol %: 1.47% (100%), Caffeine: 47.2mg (15.73%), Protein: 14.71g
(29.42%), Vitamin B2: 0.89mg (52.39%), Calcium: 494.94mg (49.49%), Phosphorus: 446.45mg (44.65%),
Potassium: 867.57mg (24.79%), Vitamin A: 1101.4IU (22.03%), Vitamin B5: 2.1mg (21.05%), Vitamin B12: 1.26µg
(20.96%), Magnesium: 75.27mg (18.82%), Selenium: 13.13µg (18.76%), Zinc: 2.23mg (14.86%), Manganese: 0.28mg
(13.84%), Copper: 0.26mg (12.78%), Vitamin D: 1.88µg (12.51%), Vitamin B1: 0.18mg (12.06%), Fiber: 2.92g (11.68%),
Vitamin B6: 0.17mg (8.71%), Folate: 34.3µg (8.57%), Iron: 1.48mg (8.24%), Vitamin E: 0.79mg (5.28%), Vitamin C:
3.46mg (4.19%), Vitamin B3: 0.79mg (3.97%), Vitamin K: 1.39µg (1.32%)