

PDT's Cereal Milk Punch

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



30

CALORIES



64 kcal

BEVERAGE

DRINK

Ingredients

- 0.8 ounce regular corn
- 0.5 ounce honey
- 2 cups milk (see notes above)
- 2 ounces milk
- 30 servings nutmeg grated
- 1.3 ounce irish whiskey
- 0.5 gallon milk whole

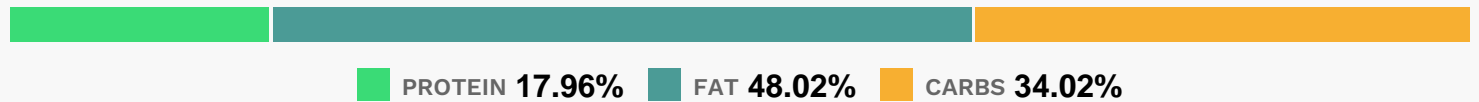
Equipment

sieve

Directions

- Add cereal milk mix to milk and stir vigorously. Allow to infuse for 10 minutes at room temperature. Using a chinois or fine mesh sieve, strain into resealable container or pitcher with lid. Cereal milk keeps about 1 week in the refrigerator.
- For the cocktail: Fill a cocktail shaker with ice.
- Add 2 ounces cereal milk, corn whiskey, wheat whiskey, and honey liqueur. Shake until well chilled, about 15 seconds. Strain into an ice-filled Collins glass.
- Garnish with grated nutmeg.

Nutrition Facts



Properties

Glycemic Index:10.23, Glycemic Load:2.12, Inflammation Score:-1, Nutrition Score:3.0882608440259%

Nutrients (% of daily need)

Calories: 64.32kcal (3.22%), Fat: 3.34g (5.13%), Saturated Fat: 2.03g (12.7%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 4.89g (1.78%), Sugar: 4.9g (5.44%), Cholesterol: 9.75mg (3.25%), Sodium: 31.22mg (1.36%), Alcohol: 0.43g (100%), Alcohol %: 0.63% (100%), Protein: 2.81g (5.61%), Calcium: 103.66mg (10.37%), Phosphorus: 86.92mg (8.69%), Vitamin B12: 0.44µg (7.31%), Vitamin B2: 0.11mg (6.7%), Vitamin D: 0.89µg (5.96%), Potassium: 130.67mg (3.73%), Vitamin B1: 0.05mg (3.54%), Magnesium: 13.6mg (3.4%), Manganese: 0.06mg (3.15%), Vitamin B5: 0.31mg (3.09%), Vitamin A: 135.52IU (2.71%), Vitamin B6: 0.05mg (2.69%), Zinc: 0.38mg (2.55%), Selenium: 1.58µg (2.26%), Fiber: 0.43g (1.74%), Copper: 0.02mg (1.1%)