

Pecan "Milk" Punch



Vegetarian



Vegan



Dairy Free

READY IN



213 min.

SERVINGS



15

CALORIES



88 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 pecans chopped
- 0.5 teaspoon vanilla extract
- 1 cup water

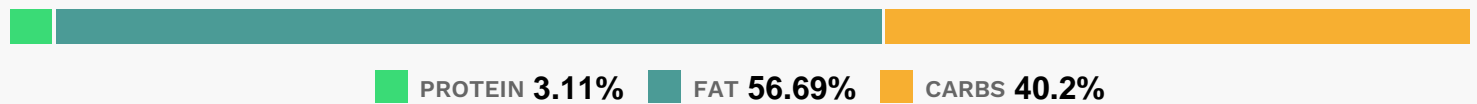
Equipment

- 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 bourbon just before serving.
- Serve over ice.
- Garnish, if desired.
- Try This Twist!
- Add 1 cup milk with bourbon. Makes: 3 cups.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.8365217230242%

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: 87.85kcal (4.39%), Fat: 5.44g (8.38%), Saturated Fat: 0.64g (4%), Carbohydrates: 8.69g (2.9%), Net Carbohydrates: 7.88g (2.86%), Sugar: 7.82g (8.69%), Cholesterol: 0mg (0%), Sodium: 20.87mg (0.91%), Alcohol: 1.38g (100%), Alcohol %: 4.96% (100%), Protein: 0.67g (1.34%), Manganese: 0.35mg (17.57%), Copper: 0.09mg (4.56%), Fiber: 0.81g (3.24%), Vitamin B1: 0.05mg (3.22%), Magnesium: 9.05mg (2.26%), Zinc: 0.34mg (2.23%), Phosphorus: 20.38mg (2.04%), Iron: 0.2mg (1.09%)