



Peppermint Eggnog Punch



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



16

CALORIES



240 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 24 small peppermint candy canes for garnish
- ☐ 1 quart eggnog
- ☐ 1 quart peppermint ice cream
- ☐ 1 cup rum

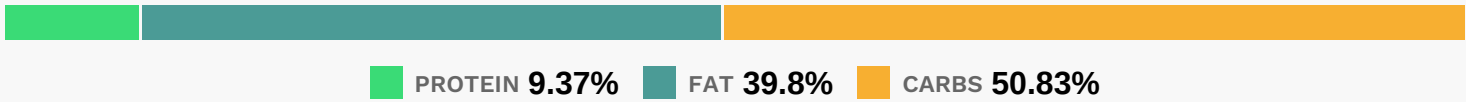
Equipment

- ☐ bowl

Directions

- ☐ Set aside 2 or 3 round scoops of ice cream in the freezer for garnish. Stir remaining ice cream until softened. Gradually stir in eggnog and rum.
- ☐ Transfer to a punch bowl, and stir in ginger ale. Hang candy canes around the edge of the punchbowl. Float reserved ice cream scoops on top, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.56, Glycemic Load:15.85, Inflammation Score:-3, Nutrition Score:4.6308695971966%

Nutrients (% of daily need)

Calories: 239.51kcal (11.98%), Fat: 8.98g (13.82%), Saturated Fat: 5.55g (34.67%), Carbohydrates: 25.82g (8.61%), Net Carbohydrates: 25.4g (9.24%), Sugar: 22.37g (24.85%), Cholesterol: 60.92mg (20.31%), Sodium: 79.41mg (3.45%), Alcohol: 5.01g (100%), Alcohol %: 4.51% (100%), Protein: 4.76g (9.52%), Calcium: 152.6mg (15.26%), Vitamin B2: 0.25mg (15%), Phosphorus: 127.17mg (12.72%), Vitamin B12: 0.5µg (8.28%), Vitamin A: 370.85IU (7.42%), Potassium: 215.6mg (6.16%), Vitamin B5: 0.59mg (5.9%), Vitamin D: 0.83µg (5.52%), Selenium: 3.55µg (5.07%), Magnesium: 19.52mg (4.88%), Zinc: 0.69mg (4.57%), Vitamin B1: 0.05mg (3.02%), Vitamin B6: 0.06mg (2.91%), Vitamin E: 0.3mg (2.01%), Fiber: 0.41g (1.66%), Vitamin C: 1.24mg (1.51%), Copper: 0.02mg (1.22%)