



Ponche Creme



Vegetarian



Gluten Free

READY IN



1440 min.

SERVINGS



4

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon angostura bitters
- ☐ 4 large pasteurized eggs
- ☐ 1 lime zest finely grated
- ☐ 0.3 teaspoon nutmeg freshly grated plus more for topping
- ☐ 0.8 cup best-quality rum dark
- ☐ 14 ounce condensed milk sweetened canned

Equipment

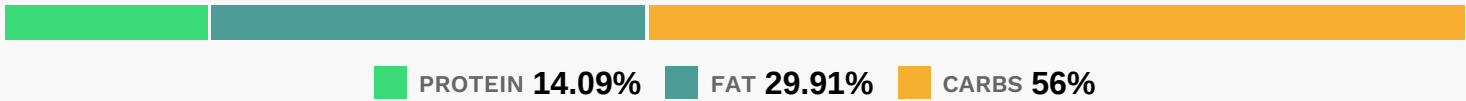
- ☐ bowl

- ☐ whisk
- ☐ sieve
- ☐ plastic wrap

Directions

- ☐ Whisk the eggs and lime zest in a large bowl until well combined and smooth, about 30 seconds.
- ☐ Add the condensed milk and half of the rum and whisk until combined.
- ☐ Whisk in the remaining rum, the nutmeg and bitters until smooth. Strain through a fine-mesh sieve and transfer to a jug. Cover with plastic wrap and refrigerate overnight or up to 3 days- it gets better with time.
- ☐ Stir the mixture well before serving.
- ☐ Pour into ice-filled glasses and sprinkle with grated nutmeg.
- ☐ Photograph by Kang Kim

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:33.36, Inflammation Score:-5, Nutrition Score:12.30782587891%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 505.59kcal (25.28%), Fat: 13.47g (20.72%), Saturated Fat: 7.05g (44.05%), Carbohydrates: 56.73g (18.91%), Net Carbohydrates: 56.24g (20.45%), Sugar: 54.64g (60.72%), Cholesterol: 219.74mg (73.25%), Sodium: 197.82mg (8.6%), Alcohol: 15.59g (100%), Alcohol %: 9.31% (100%), Protein: 14.27g (28.55%), Selenium: 30.1µg (43.01%), Vitamin B2: 0.65mg (38.03%), Phosphorus: 355.12mg (35.51%), Calcium: 315.55mg (31.56%), Vitamin B5: 1.55mg (15.47%), Vitamin B12: 0.88µg (14.69%), Potassium: 455.54mg (13.02%), Vitamin A: 543.43IU (10.87%), Zinc: 1.62mg (10.78%), Vitamin C: 7.46mg (9.04%), Folate: 35.85µg (8.96%), Magnesium: 33.03mg (8.26%), Vitamin D: 1.2µg (7.99%), Vitamin B1: 0.12mg (7.83%), Vitamin B6: 0.14mg (7.17%), Iron: 1.19mg (6.59%), Vitamin E: 0.72mg (4.8%), Copper: 0.07mg (3.63%), Fiber: 0.5g (1.98%), Manganese: 0.03mg (1.65%), Vitamin B3: 0.29mg (1.43%)