



Punch à la Noix de Coco



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



481 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup coconut flakes freshly grated for a different drink if you're grating it yourself (save the liquid)
- ☐ 0.5 teaspoon lemon zest
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 0.5 cup sugar
- ☐ 2 inch vanilla pod
- ☐ 4 ounces frangelico white such as rhum dillon
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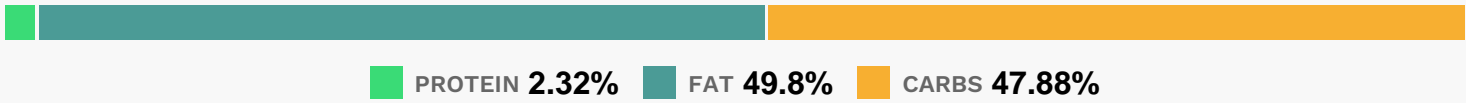
Equipment

- ☐ bowl
- ☐ cheesecloth

Directions

- ☐ Put the coconut in a large bowl.
- ☐ Add the rum and allow it to soak for 1 hour. Strain off the rum into another bowl.
- ☐ Place the rum-soaked coconut in a square of cheesecloth and squeeze it into the rum bowl. Discard the coconut.
- ☐ Add the sugar, vanilla bean, lemon zest, and nutmeg to the bowl. Stir to mix well.
- ☐ Serve over ice and garnish with slices of coconut (if desired).
- ☐ From Rum Drinks: 50 Caribbean Cocktails, from Cuba Libre to Rum Daisy by Jessica B. Harris. Text copyright © 2009 by Jessica B. Harris; photographs copyright © 2009 by Tara Donne. Published by Chronicle Books LLC.

Nutrition Facts



Properties

Glycemic Index:70.05, Glycemic Load:34.96, Inflammation Score:-1, Nutrition Score:7.656086958054%

Nutrients (% of daily need)

Calories: 480.52kcal (24.03%), Fat: 28.06g (43.17%), Saturated Fat: 24.38g (152.39%), Carbohydrates: 60.69g (20.23%), Net Carbohydrates: 53.66g (19.51%), Sugar: 53.12g (59.02%), Cholesterol: 0mg (0%), Sodium: 16.3mg (0.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.89%), Manganese: 1.18mg (58.79%), Fiber: 7.03g (28.13%), Copper: 0.34mg (17.24%), Selenium: 8.17µg (11.67%), Magnesium: 38.78mg (9.7%), Phosphorus: 88.14mg (8.81%), Iron: 1.45mg (8.04%), Potassium: 233.45mg (6.67%), Vitamin B6: 0.13mg (6.44%), Zinc: 0.87mg (5.77%), Vitamin B5: 0.34mg (3.42%), Vitamin B2: 0.05mg (3.09%), Vitamin B1: 0.03mg (1.78%), Vitamin C: 1.29mg (1.56%), Vitamin B3: 0.26mg (1.31%), Calcium: 12.68mg (1.27%), Vitamin E: 0.19mg (1.25%), Folate: 4.08µg (1.02%)