



## Sea Island Milk Punch

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



716 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 1 cup bourbon
- ☐ 2 cups cup heavy whipping cream
- ☐ 4 servings nutmeg grated
- ☐ 0.8 cup powdered sugar sifted
- ☐ 0.5 vanilla pod split
- ☐ 2 cups milk whole

### Equipment

- ☐ bowl

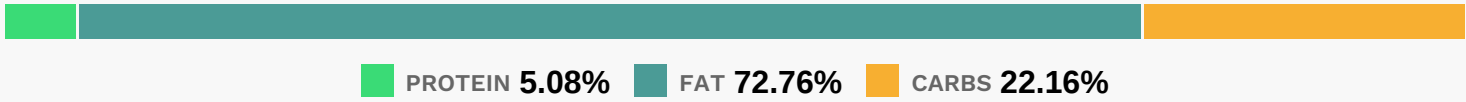
☐

whisk

## Directions

- ☐ Combine whipping cream, milk, bourbon, and powdered sugar in a metal bowl placed in ice water. Scrape seeds from vanilla bean into cream mixture, and whisk until frothy.
- ☐ Pour into an 8-cup pitcher, and freeze 30 to 60 minutes, stirring occasionally.
- ☐ Pour into 4 rocks glasses or old-fashioned glasses, and sprinkle with grated nutmeg.

## Nutrition Facts



## Properties

Glycemic Index:30.75, Glycemic Load:2.56, Inflammation Score:-8, Nutrition Score:9.3943477376648%

## Nutrients (% of daily need)

Calories: 715.89kcal (35.79%), Fat: 47.68g (73.36%), Saturated Fat: 30.16g (188.49%), Carbohydrates: 32.67g (10.89%), Net Carbohydrates: 32.26g (11.73%), Sugar: 31.92g (35.46%), Cholesterol: 149.11mg (49.7%), Sodium: 79.86mg (3.47%), Alcohol: 20.04g (100%), Alcohol %: 7.79% (100%), Protein: 7.5g (15%), Vitamin A: 1948.98IU (38.98%), Vitamin B2: 0.4mg (23.52%), Calcium: 232.51mg (23.25%), Vitamin D: 3.25µg (21.64%), Phosphorus: 198.9mg (19.89%), Vitamin B12: 0.85µg (14.15%), Potassium: 304.7mg (8.71%), Selenium: 6.05µg (8.65%), Vitamin E: 1.16mg (7.71%), Vitamin B5: 0.76mg (7.59%), Vitamin B1: 0.1mg (6.84%), Magnesium: 26.63mg (6.66%), Vitamin B6: 0.12mg (5.99%), Zinc: 0.86mg (5.7%), Vitamin K: 4.17µg (3.98%), Manganese: 0.08mg (3.79%), Copper: 0.05mg (2.45%), Fiber: 0.42g (1.66%), Folate: 6.28µg (1.57%), Iron: 0.22mg (1.21%), Vitamin B3: 0.24mg (1.19%)