



Timmy's Brandy Milk Punch



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



285 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup brandy
- ☐ 4 glasses ice crushed
- ☐ 1 Handful ice cubes
- ☐ 3 cups milk
- ☐ 4 grating nutmeg fresh
- ☐ 3 tablespoons powdered sugar
- ☐ 1 teaspoon vanilla extract

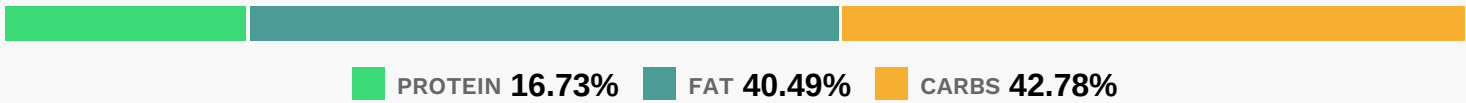
Equipment

☐ blender

Directions

- ☐ Put the brandy, milk, sugar, vanilla, nutmeg, and ice cubes into a blender and blend for 20 seconds.
- ☐ Strain into glasses of crushed ice and serve.
- ☐ Reprinted with permission from My New Orleans: The Cookbook, by John Besh., © September 2009 Andrews McMeel Publishing

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:3.65, Inflammation Score:-4, Nutrition Score:6.6217390794469%

Nutrients (% of daily need)

Calories: 285.12kcal (14.26%), Fat: 6.58g (10.13%), Saturated Fat: 3.92g (24.52%), Carbohydrates: 15.65g (5.22%), Net Carbohydrates: 15.23g (5.54%), Sugar: 15.37g (17.07%), Cholesterol: 21.96mg (7.32%), Sodium: 82.48mg (3.59%), Alcohol: 20.38g (100%), Alcohol %: 5.29% (100%), Protein: 6.12g (12.24%), Calcium: 236.03mg (23.6%), Phosphorus: 191.55mg (19.15%), Vitamin B12: 0.99µg (16.47%), Vitamin B2: 0.26mg (15.19%), Vitamin D: 2.01µg (13.42%), Potassium: 284.3mg (8.12%), Vitamin B1: 0.11mg (7.54%), Magnesium: 28.1mg (7.03%), Vitamin B5: 0.68mg (6.83%), Vitamin A: 298.5IU (5.97%), Vitamin B6: 0.12mg (5.78%), Zinc: 0.84mg (5.62%), Selenium: 3.55µg (5.06%), Manganese: 0.08mg (3.93%), Copper: 0.07mg (3.7%), Fiber: 0.42g (1.66%), Vitamin B3: 0.23mg (1.15%)