



## Trinidad's Ponche-de-Creme (Punch with Cream)

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



894 kcal

BEVERAGE

DRINK

### Ingredients

- 1 tablespoon angostura bitters
- 6 eggs beaten
- 0.8 cup evaporated milk canned
- 2 teaspoons lime zest grated
- 1 pinch nutmeg freshly grated
- 1.5 cups rum
- 42 ounce condensed milk sweetened canned

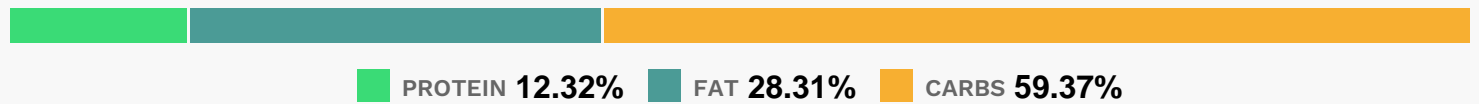
## Equipment

- bowl
- hand mixer

## Directions

- In a large bowl, beat eggs and lime zest using an electric mixer until light and fluffy. Gradually pour in the condensed milk while continuing to mix, and then pour in the evaporated milk.
- Stir in the rum and bitters, and sprinkle with nutmeg.
- Transfer to a bottle and chill for at least 1 hour before serving.
- Serve over crushed ice.

## Nutrition Facts



## Properties

Glycemic Index:29.67, Glycemic Load:65.9, Inflammation Score:-6, Nutrition Score:19.900869491956%

## Flavonoids

Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

## Nutrients (% of daily need)

Calories: 894.03kcal (44.7%), Fat: 23.89g (36.76%), Saturated Fat: 13.76g (86.01%), Carbohydrates: 112.74g (37.58%), Net Carbohydrates: 112.68g (40.98%), Sugar: 111.66g (124.07%), Cholesterol: 240.29mg (80.1%), Sodium: 348.54mg (15.15%), Alcohol: 21.17g (100%), Alcohol %: 7.95% (100%), Protein: 23.4g (46.8%), Calcium: 670.97mg (67.1%), Vitamin B2: 1.13mg (66.4%), Phosphorus: 656.01mg (65.6%), Selenium: 43.61µg (62.3%), Potassium: 894.87mg (25.57%), Vitamin B5: 2.37mg (23.65%), Vitamin B12: 1.32µg (21.92%), Zinc: 2.7mg (18.03%), Vitamin A: 843.24IU (16.86%), Magnesium: 64.78mg (16.2%), Vitamin B1: 0.22mg (14.36%), Folate: 45.21µg (11.3%), Vitamin B6: 0.19mg (9.65%), Vitamin D: 1.31µg (8.72%), Vitamin C: 5.96mg (7.22%), Iron: 1.24mg (6.89%), Vitamin E: 0.83mg (5.54%), Copper: 0.08mg (4.06%), Vitamin B3: 0.52mg (2.61%), Manganese: 0.04mg (2.09%), Vitamin K: 1.52µg (1.44%)