



Vandaag's V.O.C. Grog



Vegetarian



Gluten Free



Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



444 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 1 tablespoon butter
- ☐ 4 ounces coconut milk such as silk coconut
- ☐ 1 serving garam masala
- ☐ 2 teaspoons garam masala
- ☐ 1 ounce lillet blanc
- ☐ 1 tablespoon pumpkin puree

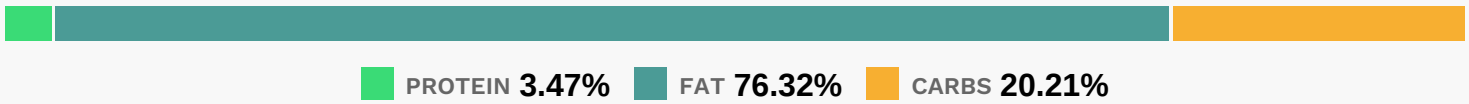
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ For the "batter": In a small bowl, blend garam masala, slightly softened butter, and brown sugar together until well-combined.
- ☐ For each drink: In saucepan over medium heat, stir garam masala "batter," coconut milk, and pumpkin purée together until warm. Take off heat, pour into cup, and add rum agricole blanc.
- ☐ *To make your own pumpkin purée, optional: Roast pumpkin at 350° until soft.
- ☐ Let cool and then dice. For every 2 cups diced pumpkin, add 1/4 cup cream and pinch of salt and purée in blender or food processor until smooth.

Nutrition Facts



Properties

Glycemic Index:147, Glycemic Load:3.1, Inflammation Score:-9, Nutrition Score:9.1156521219274%

Nutrients (% of daily need)

Calories: 443.58kcal (22.18%), Fat: 36.33g (55.9%), Saturated Fat: 28.67g (179.17%), Carbohydrates: 21.65g (7.22%), Net Carbohydrates: 20.09g (7.31%), Sugar: 14.58g (16.2%), Cholesterol: 30.1mg (10.03%), Sodium: 113mg (4.91%), Alcohol: 4.82g (100%), Alcohol %: 3.21% (100%), Protein: 3.71g (7.43%), Vitamin A: 2684.31IU (53.69%), Manganese: 0.9mg (45.05%), Iron: 4.04mg (22.44%), Magnesium: 56.97mg (14.24%), Copper: 0.27mg (13.73%), Phosphorus: 117.95mg (11.8%), Potassium: 299.7mg (8.56%), Fiber: 1.56g (6.24%), Folate: 18.22µg (4.55%), Zinc: 0.68mg (4.51%), Vitamin B3: 0.8mg (3.98%), Calcium: 37.63mg (3.76%), Vitamin E: 0.48mg (3.23%), Vitamin K: 3.38µg (3.22%), Vitamin B5: 0.26mg (2.65%), Vitamin B6: 0.05mg (2.27%), Vitamin C: 1.76mg (2.14%), Vitamin B1: 0.03mg (1.95%)