## **Bourbon Slush Punch (Alcoholic)**

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Servings: 12

1 quart milk 1 1/2 cups bourbon 1 cup confectioner's sugar 1 cup cream

1 tablespoon vanilla nutmeg (for garnish) In a baking dish, mix the milk, bourbon, confectioner's sugar, cream and vanilla.

Freeze until slushy, four hours.

Transfer to a punch bowl.

Dust with nutmeg.

Per Serving (excluding unknown items): 210 Calories; 8g Fat (49.2% calories from fat); 3g Protein; 15g Carbohydrate; 0g Dietary Fiber; 28mg Cholesterol; 48mg Sodium. Exchanges: 1/2 Non-Fat Milk; 1 1/2 Fat; 1/2 Other Carbohydrates.

**Beverages** 

## Dar Carrina Mutritional Analysis

| Calories (kcal):               | 210   | Vitamin B6 (mg):    | trace |
|--------------------------------|-------|---------------------|-------|
| % Calories from Fat:           | 49.2% | Vitamin B12 (mcg):  | .3mcg |
| % Calories from Carbohydrates: | 41.9% | Thiamin B1 (mg):    | trace |
| % Calories from Protein:       | 9.0%  | Riboflavin B2 (mg): | .2mg  |
| Total Fat (g):                 | 8g    | Folacin (mcg):      | 5mcg  |
| Saturated Fat (g):             | 5g    | Niacin (mg):        | trace |
| Monounsaturated Fat (g):       | 2g    | Caffeine (mg):      | 0mg   |
|                                | trace | Alcohol (kcal):     | 73    |
| Polyunsaturated Fat (g):       |       | % Dofusor           | በ በ%  |
| Cholesterol (mg):              | 28mg  | Food Evolution      |       |
| Carbohydrate (g):              | 15g   | Food Exchanges      |       |
| Dietary Fiber (g):             | 0g    | Grain (Starch):     | 0     |
| Protein (g):                   | 3g    | Lean Meat:          | 0     |
| Sodium (mg):                   | 48mg  | Vegetable:          | 0     |
| Potassium (mg):                | 147mg | Fruit:              | 0     |
| Calcium (mg):                  | 115mg | Non-Fat Milk:       | 1/2   |
| Iron (mg):                     | trace | Fat:                | 1 1/2 |

| Zinc (mg):      | trace | Other Carbohydrates: | 1/2 |
|-----------------|-------|----------------------|-----|
| Vitamin C (mg): | 1mg   |                      |     |

 Vitamin A (i.u.):
 290IU

 Vitamin A (r.e.):
 77RE

## **Nutrition Facts**

Servings per Recipe: 12

| Amount Per Serving   |                                    |  |  |  |
|--|------------------------------------|--|--|--|
| Calories 210   | Calories from Fat: 103             |  |  |  |
|  | % Daily Values*                    |  |  |  |
| Total Fat 8g Saturated Fat 5g Cholesterol 28mg Sodium 48mg Total Carbohydrates 15g Dietary Fiber 0g Protein 3g | 12%<br>24%<br>9%<br>2%<br>5%<br>0% |  |  |  |
| Vitamin A<br>Vitamin C<br>Calcium<br>Iron  | 6%<br>2%<br>12%<br>0%              |  |  |  |

<sup>\*</sup> Percent Daily Values are based on a 2000 calorie diet.