



Buttered Rum Glaze



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



332 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 tablespoons butter
- ☐ 3 tablespoons rum light
- ☐ 0.5 cup pecans toasted chopped
- ☐ 0.8 cup sugar
- ☐ 3 tablespoons water

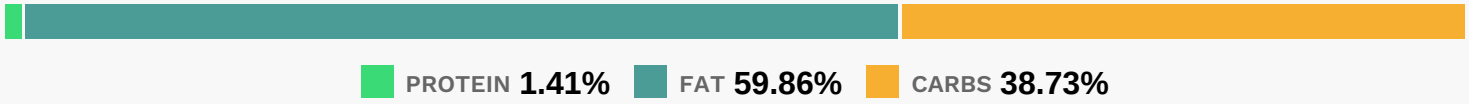
Equipment

- ☐ sauce pan

Directions

- ☐ Combine first 4 ingredients in a small saucepan; bring to a boil. Boil, stirring constantly, 3 minutes.
- ☐ Remove from heat, and stir in pecans.

Nutrition Facts



Properties

Glycemic Index:29.02, Glycemic Load:21, Inflammation Score:-3, Nutrition Score:3.2921739324279%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

Nutrients (% of daily need)

Calories: 332.07kcal (16.6%), Fat: 21.57g (33.18%), Saturated Fat: 9.31g (58.18%), Carbohydrates: 31.41g (10.47%), Net Carbohydrates: 30.36g (11.04%), Sugar: 30.38g (33.76%), Cholesterol: 36.12mg (12.04%), Sodium: 108.86mg (4.73%), Alcohol: 3.01g (100%), Alcohol %: 5.03% (100%), Protein: 1.14g (2.28%), Manganese: 0.49mg (24.67%), Vitamin A: 425.94IU (8.52%), Copper: 0.14mg (6.81%), Vitamin B1: 0.07mg (4.89%), Fiber: 1.05g (4.19%), Vitamin E: 0.54mg (3.62%), Phosphorus: 34.58mg (3.46%), Zinc: 0.52mg (3.44%), Magnesium: 13.61mg (3.4%), Iron: 0.3mg (1.65%), Vitamin B2: 0.03mg (1.53%), Vitamin K: 1.56µg (1.48%), Potassium: 49.5mg (1.41%), Calcium: 12.23mg (1.22%), Vitamin B6: 0.02mg (1.17%), Vitamin B5: 0.11mg (1.13%), Selenium: 0.76µg (1.09%)