



Buttered Rum Topping



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



426 kcal

BEVERAGE

DRINK

Ingredients

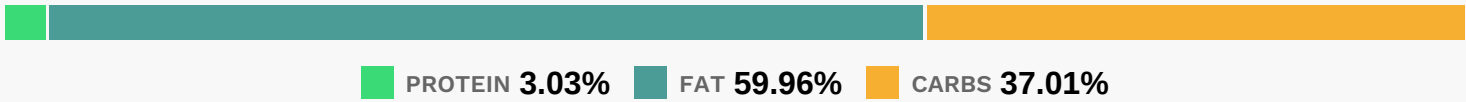
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.3 cup butter softened
- ☐ 2 tablespoons rum dark
- ☐ 0.5 cup walnut pieces chopped

Equipment

Directions

Combine brown sugar, butter, and rum. Stir in walnuts.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:0.27, Inflammation Score:-6, Nutrition Score:5.78478252499%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg

Nutrients (% of daily need)

Calories: 425.97kcal (21.3%), Fat: 27.94g (42.99%), Saturated Fat: 4.35g (27.22%), Carbohydrates: 38.81g (12.94%), Net Carbohydrates: 37.51g (13.64%), Sugar: 36.08g (40.08%), Cholesterol: 0mg (0%), Sodium: 189.14mg (8.22%), Alcohol: 3.34g (100%), Alcohol %: 4.98% (100%), Protein: 3.18g (6.36%), Manganese: 0.69mg (34.55%), Copper: 0.33mg (16.47%), Vitamin A: 680.55IU (13.61%), Magnesium: 34.68mg (8.67%), Phosphorus: 73.69mg (7.37%), Vitamin B6: 0.12mg (6.08%), Calcium: 55.22mg (5.52%), Fiber: 1.31g (5.23%), Folate: 19.67µg (4.92%), Vitamin E: 0.72mg (4.82%), Iron: 0.83mg (4.62%), Vitamin B1: 0.07mg (4.6%), Zinc: 0.62mg (4.12%), Potassium: 142.91mg (4.08%), Vitamin B2: 0.04mg (2.16%), Selenium: 1.4µg (1.99%), Vitamin B5: 0.18mg (1.75%), Vitamin B3: 0.26mg (1.32%)