

Caramel Liqueur

 Vegetarian  Gluten Free

READY IN



280 min.

SERVINGS



2

CALORIES



1621 kcal

BEVERAGE

DRINK

Ingredients

- 1.3 cups spiced rum
- 28 ounce condensed milk sweetened canned

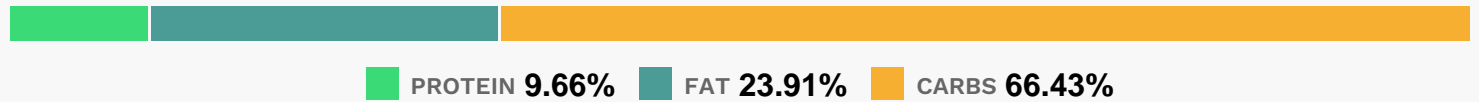
Equipment

- bowl
- sauce pan
- whisk

Directions

- Remove the labels from the cans of milk.
- Place the cans into a large saucepan, and cover with a few inches of water. Bring to a boil over high heat, then reduce heat to medium, cover, and simmer for 4 hours. Keep an eye on the water level, and add water as needed to keep at least an inch of water above the cans. After the cans have boiled for 4 hours, remove from the boiling water and set aside to cool for 35 minutes.
- Open the cans and scrape the browned milk into a bowl, whisk in the spiced rum until smooth, then pour into a bottle with a top. The liqueur will keep for several months in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:131.71, Inflammation Score:-8, Nutrition Score:27.842609053073%

Nutrients (% of daily need)

Calories: 1620.53kcal (81.03%), Fat: 34.53g (53.12%), Saturated Fat: 21.79g (136.18%), Carbohydrates: 215.91g (71.97%), Net Carbohydrates: 215.91g (78.51%), Sugar: 215.91g (239.9%), Cholesterol: 134.94mg (44.98%), Sodium: 505.55mg (21.98%), Alcohol: 50.1g (100%), Alcohol %: 11.61% (100%), Protein: 31.39g (62.79%), Calcium: 1127.18mg (112.72%), Phosphorus: 1010.14mg (101.01%), Vitamin B2: 1.66mg (97.48%), Selenium: 58.74µg (83.91%), Potassium: 1475.47mg (42.16%), Vitamin B5: 2.98mg (29.77%), Vitamin B12: 1.75µg (29.11%), Magnesium: 103.19mg (25.8%), Zinc: 3.79mg (25.27%), Vitamin B1: 0.37mg (24.41%), Vitamin A: 1059.71IU (21.19%), Vitamin C: 10.32mg (12.51%), Folate: 43.66µg (10.91%), Vitamin B6: 0.2mg (10.2%), Vitamin D: 0.79µg (5.29%), Copper: 0.09mg (4.55%), Iron: 0.81mg (4.52%), Vitamin B3: 0.85mg (4.26%), Vitamin E: 0.63mg (4.23%), Manganese: 0.05mg (2.54%), Vitamin K: 2.38µg (2.27%)