



Caramel-Rum Glaze

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup firmly brown sugar packed
- 0.5 cup butter
- 0.3 cup evaporated milk
- 1 cup powdered sugar sifted
- 1 tablespoon rum

Equipment

- sauce pan
- whisk

Directions

- Bring first 3 ingredients to a boil in a 2-qt. saucepan over medium heat, whisking constantly; boil, whisking constantly, 1 minute.
- Remove from heat; gradually whisk in powdered sugar and rum until smooth.
- Whisk gently 3 to 5 minutes or until mixture begins to cool and thickens slightly. Use immediately.

Nutrition Facts



Properties

Glycemic Index:4.33, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.70913043836861%

Nutrients (% of daily need)

Calories: 149.09kcal (7.45%), Fat: 6.45g (9.93%), Saturated Fat: 4.08g (25.51%), Carbohydrates: 22.8g (7.6%), Net Carbohydrates: 22.8g (8.29%), Sugar: 22.48g (24.97%), Cholesterol: 17.49mg (5.83%), Sodium: 57.38mg (2.49%), Alcohol: 0.33g (100%), Alcohol %: 1.19% (100%), Protein: 0.37g (0.74%), Vitamin A: 199.13IU (3.98%), Calcium: 25.03mg (2.5%), Vitamin E: 0.18mg (1.22%), Phosphorus: 10.97mg (1.1%), Vitamin B2: 0.02mg (1.02%)