



Colonial Hot Buttered Rum

 Vegetarian  Gluten Free  Low Fod Map

READY IN



365 min.

SERVINGS



8

CALORIES



482 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups brown sugar
- 0.5 cup butter
- 3 cinnamon sticks
- 8 servings nutmeg to taste
- 2 cups rum
- 1 pinch salt
- 1 cup garnish: whipped cream sweetened
- 2 quarts water hot

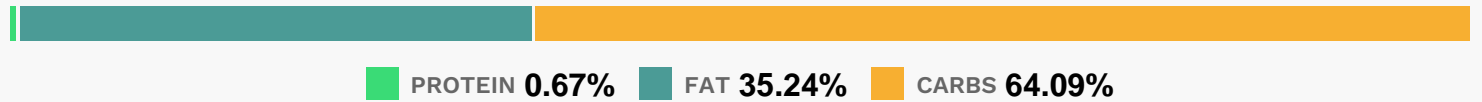
Equipment

- ladle
- slow cooker

Directions

- Combine the brown sugar, butter, salt and hot water in 5 quart slow cooker.
- Add cinnamon sticks and cloves. Cover and cook on Low for 5 hours. Stir in rum.
- Ladle from the slow cooker into mugs, and top with whipped cream and a dusting of nutmeg.

Nutrition Facts



Properties

Glycemic Index:24.38, Glycemic Load:0.94, Inflammation Score:-4, Nutrition Score:2.9369565254968%

Nutrients (% of daily need)

Calories: 482.34kcal (24.12%), Fat: 13.91g (21.41%), Saturated Fat: 8.85g (55.33%), Carbohydrates: 56.94g (18.98%), Net Carbohydrates: 55.83g (20.3%), Sugar: 54.56g (60.62%), Cholesterol: 36.2mg (12.07%), Sodium: 124.95mg (5.43%), Alcohol: 20.04g (100%), Alcohol %: 6.74% (100%), Protein: 0.6g (1.19%), Manganese: 0.33mg (16.67%), Vitamin A: 411.83IU (8.24%), Calcium: 80.56mg (8.06%), Copper: 0.1mg (5.1%), Fiber: 1.1g (4.45%), Iron: 0.59mg (3.28%), Magnesium: 12.87mg (3.22%), Potassium: 101.44mg (2.9%), Vitamin E: 0.41mg (2.72%), Phosphorus: 19.78mg (1.98%), Vitamin B6: 0.03mg (1.6%), Vitamin K: 1.55µg (1.47%), Selenium: 0.98µg (1.4%), Vitamin B5: 0.12mg (1.16%), Zinc: 0.17mg (1.14%)