



Creamy Holiday Glaze

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



337 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup firmly domino brown sugar dark packed
- ☐ 0.5 cup butter
- ☐ 1 tablespoons rum or dark
- ☐ 0.5 cup domino granulated sugar
- ☐ 0.5 cup whipping cream

Equipment

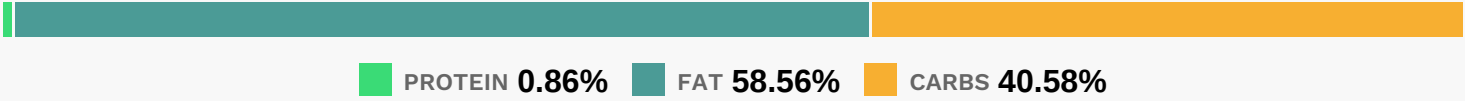
- ☐ sauce pan

Directions

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Cook sugars, whipping cream, and butter in a heavy saucepan over medium heat, stirring constantly, until butter melts and sugars dissolve. Increase heat, and bring to a boil; cook, stirring constantly, about 3 minutes or until slightly thickened. Stir in rum. Cool slightly.

Nutrition Facts



Properties

Glycemic Index:20.02, Glycemic Load:11.64, Inflammation Score:-4, Nutrition Score:1.7999999821186%

Nutrients (% of daily need)

Calories: 336.9kcal (16.84%), Fat: 22.55g (34.7%), Saturated Fat: 14.28g (89.28%), Carbohydrates: 35.16g (11.72%), Net Carbohydrates: 35.16g (12.79%), Sugar: 35.01g (38.9%), Cholesterol: 63.08mg (21.03%), Sodium: 132.29mg (5.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.49%), Vitamin A: 764.28IU (15.29%), Vitamin E: 0.62mg (4.14%), Calcium: 33.01mg (3.3%), Vitamin B2: 0.05mg (2.76%), Vitamin D: 0.32µg (2.12%), Vitamin K: 1.96µg (1.87%), Phosphorus: 16.78mg (1.68%), Selenium: 1.1µg (1.58%), Potassium: 48.1mg (1.37%), Vitamin B12: 0.06µg (1.06%)