



## Hot Buttered Rum Mix

 **Gluten Free**  **Low Fod Map**

READY IN



**10 min.**

SERVINGS



**18**

CALORIES



**220 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup butter softened
- 2 cups powdered sugar
- 1 cup brown sugar packed
- 2 cups whipped cream softened
- 1.5 teaspoons ground cinnamon
- 0.5 teaspoon nutmeg
- 1 teaspoon rum extract
- 0.8 cup water boiling

## Equipment

bowl

## Directions

- In a large bowl, cream butter and sugars until light and fluffy.
- Add the ice cream, cinnamon, nutmeg and extract.
- Transfer to a freezer container; freeze overnight. Makes 3-1/2 cups mix.
- To prepare hot drink: Dissolve 3-4 tablespoons of mix in boiling water; stir well.

## Nutrition Facts



**PROTEIN 1.15%** **FAT 47.44%** **CARBS 51.41%**

## Properties

Glycemic Index:10.33, Glycemic Load:2.07, Inflammation Score:-2, Nutrition Score:1.3552173936497%

## Nutrients (% of daily need)

Calories: 219.8kcal (10.99%), Fat: 11.86g (18.25%), Saturated Fat: 7.49g (46.83%), Carbohydrates: 28.93g (9.64%), Net Carbohydrates: 28.72g (10.45%), Sugar: 28.03g (31.15%), Cholesterol: 33.57mg (11.19%), Sodium: 97.03mg (4.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.29%), Vitamin A: 377.45IU (7.55%), Calcium: 34.15mg (3.41%), Vitamin B2: 0.04mg (2.48%), Vitamin E: 0.34mg (2.27%), Manganese: 0.04mg (2.01%), Phosphorus: 19.14mg (1.91%), Potassium: 49.65mg (1.42%), Vitamin B12: 0.08µg (1.31%), Vitamin B5: 0.12mg (1.16%)