



## Hardly Hard Sauce

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



375 kcal

SAUCE

### Ingredients

- 1 cup butter softened
- 1 cup confectioners' sugar
- 0.3 cup rum dark
- 0.3 teaspoon ground nutmeg
- 1 teaspoon vanilla extract

### Equipment

## Directions

- Beat butter or margarine until light and fluffy, about 2 minutes. Sift confectioners' sugar into the butter.
- Add rum, vanilla, and nutmeg. Beat on high speed for 5 minutes.
- Serve at once over cake, or cover and refrigerate. Bring to room temperature before using if refrigerated.

## Nutrition Facts

**PROTEIN 0.37%** **FAT 77.18%** **CARBS 22.45%**

## Properties

Glycemic Index:22.5, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:1.5108695545274%

## Nutrients (% of daily need)

Calories: 374.52kcal (18.73%), Fat: 30.71g (47.25%), Saturated Fat: 19.47g (121.68%), Carbohydrates: 20.11g (6.7%), Net Carbohydrates: 20.09g (7.31%), Sugar: 19.69g (21.88%), Cholesterol: 81.34mg (27.11%), Sodium: 243.84mg (10.6%), Alcohol: 3.57g (100%), Alcohol %: 6.6% (100%), Protein: 0.33g (0.65%), Vitamin A: 945.54IU (18.91%), Vitamin E: 0.88mg (5.85%), Vitamin K: 2.65µg (2.52%), Vitamin B12: 0.06µg (1.07%), Vitamin B2: 0.02mg (1.04%)