



## Homemade Pumpkin Spice Liqueur

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



3000 min.

SERVINGS



2

CALORIES



1467 kcal

BEVERAGE

DRINK

### Ingredients

- 15 ounce pumpkin puree canned (not pie filling)
- 6 sticks cinnamon (3-inch)
- 1 cup granulated sugar
- 1 cup brown sugar light packed
- 2 cups rum such as appleton or flor de caña
- 2 vanilla pod split
- 2 cups water

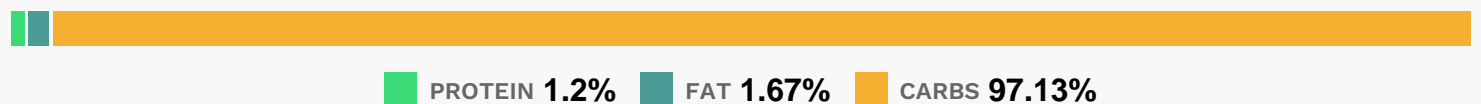
### Equipment

- bowl
- sauce pan
- whisk
- sieve
- spatula
- cheesecloth

## Directions

- Place the water and sugars in a medium saucepan, whisk to combine, and bring to a boil over medium-high heat.
- Add the pumpkin, cinnamon sticks, cloves, and vanilla beans, whisk to combine, and return to a simmer. Reduce the heat to low and simmer, stirring occasionally, until the syrup is infused with flavor, about 30 minutes. Meanwhile, line a medium fine-mesh strainer with a 13-by-15-inch piece of ultrafine cheesecloth and place it over a large heatproof bowl.
- Pour the pumpkin mixture through the cheesecloth and let it drain undisturbed until most of the liquid has passed through and only a thick paste remains. Gently press on the paste with a rubber spatula to release any remaining liquid, then discard the contents of the strainer. (You should have about 2 cups of infused syrup.)
- Add the rum and stir to combine.
- Transfer to a 1-quart container and set aside to cool to room temperature, about 1 hour. Seal the container tightly and store it in a cool, dark place for at least 2 days and up to 3 months before serving.

## Nutrition Facts



## Properties

Glycemic Index:45.05, Glycemic Load:69.95, Inflammation Score:-10, Nutrition Score:20.956087070963%

## Nutrients (% of daily need)

Calories: 1467.38kcal (73.37%), Fat: 1.8g (2.76%), Saturated Fat: 0.35g (2.17%), Carbohydrates: 234.42g (78.14%), Net Carbohydrates: 222.68g (80.98%), Sugar: 213.74g (237.49%), Cholesterol: 0mg (0%), Sodium: 57.71mg (2.51%), Alcohol: 80.16g (100%), Alcohol %: 11.11% (100%), Protein: 2.89g (5.78%), Vitamin A: 33121.25IU (662.42%),

Manganese: 2.27mg (113.42%), Fiber: 11.74g (46.97%), Vitamin K: 37.3µg (35.52%), Iron: 4.76mg (26.42%), Calcium: 259.89mg (25.99%), Copper: 0.41mg (20.5%), Potassium: 636.36mg (18.18%), Magnesium: 67.47mg (16.87%), Vitamin E: 2.5mg (16.65%), Vitamin C: 9.33mg (11.31%), Vitamin B5: 1.03mg (10.33%), Phosphorus: 95.14mg (9.51%), Vitamin B6: 0.18mg (9.16%), Vitamin B2: 0.15mg (8.69%), Folate: 27.24µg (6.81%), Vitamin B3: 1.07mg (5.36%), Zinc: 0.72mg (4.78%), Vitamin B1: 0.07mg (4.52%), Selenium: 3.1µg (4.42%)