



## Hot Buttered Rum

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



521 kcal

BEVERAGE

DRINK

### Ingredients

- 4 sticks cinnamon for garnish
- 0.7 cup brown sugar dark packed
- 0.5 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 0.3 teaspoon ground nutmeg
- 0.3 cup honey
- 1 pinch salt
- 0.8 cup spiced rum

- 0.5 cup butter unsalted room temperature (1 stick)
- 2 cups water boiling

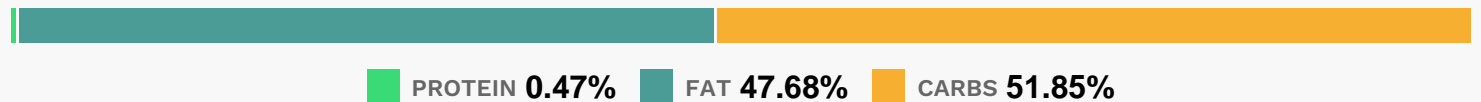
## Equipment

- bowl
- hand mixer
- measuring cup

## Directions

- Watch how to make this recipe.
- Using an electric mixer, beat the brown sugar, butter, honey, cinnamon, nutmeg, cloves, and salt in a medium bowl until blended and smooth.
- Transfer the mixture to a 4-cup (or larger) measuring cup.
- Add the rum and then 2 cups of boiling water. Stir until the butter mixture dissolves. Divide the buttered rum among 4 mugs.
- Garnish with the cinnamon sticks and serve.

## Nutrition Facts



## Properties

Glycemic Index:36.82, Glycemic Load:9.18, Inflammation Score:-5, Nutrition Score:4.4060869657475%

## Nutrients (% of daily need)

Calories: 521.23kcal (26.06%), Fat: 23.1g (35.56%), Saturated Fat: 14.62g (91.4%), Carbohydrates: 56.57g (18.86%), Net Carbohydrates: 54.49g (19.81%), Sugar: 53.1g (59%), Cholesterol: 61.01mg (20.34%), Sodium: 30.86mg (1.34%), Alcohol: 15.03g (100%), Alcohol %: 7.51% (100%), Protein: 0.51g (1.02%), Manganese: 0.75mg (37.29%), Vitamin A: 720.38IU (14.41%), Fiber: 2.08g (8.32%), Calcium: 80.27mg (8.03%), Vitamin E: 0.75mg (5.01%), Iron: 0.7mg (3.87%), Copper: 0.07mg (3.6%), Vitamin K: 3.24µg (3.09%), Vitamin D: 0.43µg (2.84%), Potassium: 84.73mg (2.42%), Magnesium: 8.12mg (2.03%), Selenium: 1.02µg (1.45%), Vitamin B6: 0.03mg (1.39%), Phosphorus: 13.66mg (1.37%), Vitamin B2: 0.02mg (1.25%), Zinc: 0.19mg (1.24%), Vitamin B5: 0.11mg (1.08%)