

Hot Buttered Rum

 Gluten Free

READY IN



15 min.

SERVINGS



24

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup butter softened
- 1 cup brown sugar packed
- 1 cup whipping cream (heavy)
- 2 cups powdered sugar
- 0.1 teaspoon ground cloves
- 0.1 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 2 tablespoons rum

- 0.5 cup water boiling
- 1 serving nutmeg

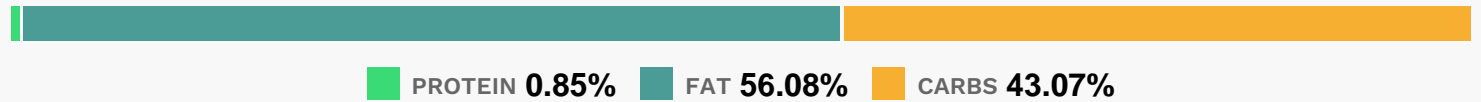
Equipment

- bowl
- hand mixer

Directions

- Beat butter and brown sugar in medium bowl with electric mixer on medium speed about 5 minutes or until light and fluffy. Beat in whipping cream and powdered sugar alternately on low speed until smooth. Stir in cloves, cinnamon and nutmeg.
- Use immediately, or spoon into 1-quart freezer container. Cover, label and freeze up to 3 months.
- For each serving, place rum and 2 tablespoons Hot Buttered Rum Batter in mug. Stir in boiling water.
- Sprinkle with nutmeg.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:1.0265217109219%

Nutrients (% of daily need)

Calories: 178.94kcal (8.95%), Fat: 11.23g (17.28%), Saturated Fat: 3.89g (24.3%), Carbohydrates: 19.41g (6.47%), Net Carbohydrates: 19.38g (7.05%), Sugar: 18.99g (21.1%), Cholesterol: 11.21mg (3.74%), Sodium: 94.94mg (4.13%), Alcohol: 0.42g (100%), Alcohol %: 1.18% (100%), Protein: 0.38g (0.77%), Vitamin A: 484.25IU (9.69%), Vitamin E: 0.39mg (2.57%), Calcium: 17.6mg (1.76%), Vitamin B2: 0.02mg (1.42%), Vitamin D: 0.16µg (1.06%)