



Hot Buttered Vanilla Rum



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



190 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 cup rum dark
- ☐ 2 inch lemon rind
- ☐ 2 tablespoons sugar
- ☐ 1 vanilla pod
- ☐ 1.5 cups water

Equipment

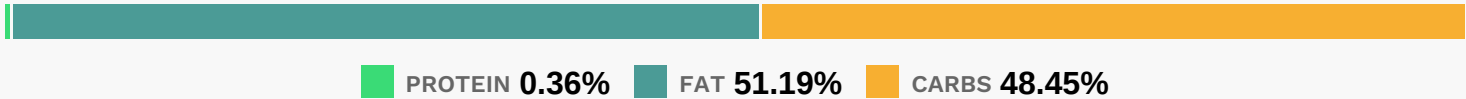
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Bring first 4 ingredients to a boil in a small saucepan.
- ☐ Remove from heat; cover and let stand 15 minutes. Strain mixture through a fine sieve over a bowl, reserving liquid; discard solids. Return water mixture to pan.
- ☐ Add rum and butter to pan; bring to a simmer over medium heat, stirring until butter melts.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:33.77, Glycemic Load:4.19, Inflammation Score:-2, Nutrition Score:0.43565217308376%

Nutrients (% of daily need)

Calories: 190.33kcal (9.52%), Fat: 3.05g (4.69%), Saturated Fat: 1.8g (11.25%), Carbohydrates: 6.49g (2.16%), Net Carbohydrates: 6.36g (2.31%), Sugar: 6.04g (6.71%), Cholesterol: 7.53mg (2.51%), Sodium: 27.68mg (1.2%), Alcohol: 20.04g (100%), Alcohol %: 15.8% (100%), Protein: 0.05g (0.1%), Vitamin C: 1.64mg (1.99%), Vitamin A: 88.1IU (1.76%), Copper: 0.03mg (1.42%)