

Hot Butternut Rum

READY IN



60 min.

SERVINGS



1

CALORIES



2621 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.8 ounce butternut squash
- ☐ 4 ounces t brown sugar dark
- ☐ 1.5 teaspoons ground allspice
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 1.5 teaspoons nutmeg
- ☐ 1 serving maple syrup to taste
- ☐ 0.3 ounce john d. taylor's velvet falernum
- ☐ 1.5 ounces rum

- ☐ 1 pinch salt
- ☐ 1 medium butternut squash (equivalent to)
- ☐ 3 ounces tea hot
- ☐ 0.5 pound butter unsalted

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ aluminum foil
- ☐ wax paper

Directions

- ☐ Heat oven to 400°F. Split squash or pumpkin in half lengthwise and scoop out the seeds.
- ☐ Sprinkle squash with salt and brush with maple syrup.
- ☐ Lay flesh side down on aluminum foil covered sheet pan and bake for 45 minutes or until flesh yields easily to a small knife. When cool enough to handle, scoop flesh from the skin and puree in a food processor or blender. For best texture, pass through a tamis to remove all pulp. Puree with butter, cinnamon, nutmeg, allspice, cloves, and brown sugar in a food processor until smooth.
- ☐ Roll into logs in parchment or wax paper and store in refrigerator.
- ☐ For the cocktail: Brew tea and pour into a mug.
- ☐ Add rum and falernum, stir, then swirl in butternut squash butter, steaming with a frothing wand if desired.
- ☐ Add maple syrup to taste.

Nutrition Facts



 **PROTEIN 1.63%**  **FAT 63.92%**  **CARBS 34.45%**

Properties

Glycemic Index:141.5, Glycemic Load:5.79, Inflammation Score:-10, Nutrition Score:51.390434866366%

Flavonoids

Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Epigallocatechin: 6.85mg, Epigallocatechin: 6.85mg, Epigallocatechin: 6.85mg, Epigallocatechin: 6.85mg Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg Epicatechin 3-gallate: 4.98mg, Epicatechin 3-gallate: 4.98mg, Epicatechin 3-gallate: 4.98mg, Epicatechin 3-gallate: 4.98mg Epigallocatechin 3-gallate: 7.96mg, Epigallocatechin 3-gallate: 7.96mg, Epigallocatechin 3-gallate: 7.96mg, Epigallocatechin 3-gallate: 7.96mg Theaflavin: 1.34mg, Theaflavin: 1.34mg, Theaflavin: 1.34mg, Theaflavin: 1.34mg Thearubigins: 69.14mg, Thearubigins: 69.14mg, Thearubigins: 69.14mg, Thearubigins: 69.14mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg Theaflavin-3,3'-digallate: 1.49mg, Theaflavin-3,3'-digallate: 1.49mg, Theaflavin-3,3'-digallate: 1.49mg, Theaflavin-3'-gallate: 1.28mg, Theaflavin-3'-gallate: 1.28mg, Theaflavin-3'-gallate: 1.28mg, Theaflavin-3'-gallate: 1.28mg Gallocatechin: 1.06mg, Gallocatechin: 1.06mg, Gallocatechin: 1.06mg, Gallocatechin: 1.06mg

Nutrients (% of daily need)

Calories: 2621.31kcal (131.07%), Fat: 187.35g (288.23%), Saturated Fat: 117.8g (736.25%), Carbohydrates: 227.16g (75.72%), Net Carbohydrates: 208.36g (75.77%), Sugar: 142.74g (158.6%), Cholesterol: 487.61mg (162.54%), Sodium: 195.42mg (8.5%), Alcohol: 14.2g (100%), Alcohol %: 1.41% (100%), Caffeine: 17.79mg (5.93%), Protein: 10.73g (21.46%), Vitamin A: 87682.72IU (1753.65%), Vitamin C: 163.35mg (198%), Manganese: 3.61mg (180.5%), Vitamin E: 16.6mg (110.7%), Potassium: 3085.76mg (88.16%), Magnesium: 300.98mg (75.25%), Fiber: 18.8g (75.2%), Vitamin B6: 1.26mg (63.2%), Calcium: 612.94mg (61.29%), Folate: 228.62µg (57.15%), Vitamin B1: 0.83mg (55.07%), Vitamin B3: 9.79mg (48.95%), Iron: 7.3mg (40.53%), Copper: 0.75mg (37.6%), Vitamin B5: 3.52mg (35.19%), Phosphorus: 347.91mg (34.79%), Vitamin B2: 0.52mg (30.43%), Vitamin K: 26.98µg (25.7%), Vitamin D: 3.4µg (22.68%), Selenium: 8.66µg (12.37%), Zinc: 1.8mg (11.99%), Vitamin B12: 0.39µg (6.43%)