



How to Make Spiced Rum From Scratch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5760 min.

SERVINGS



1

CALORIES



1802 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 5 peppercorns whole black
- ☐ 1 cinnamon sticks
- ☐ 0.1 tsp grating nutmeg
- ☐ 3 ginger fresh
- ☐ 2 strips orange zest fresh white
- ☐ 750 ml rum
- ☐ 0.5 piece star anise
- ☐ 1 vanilla pod split

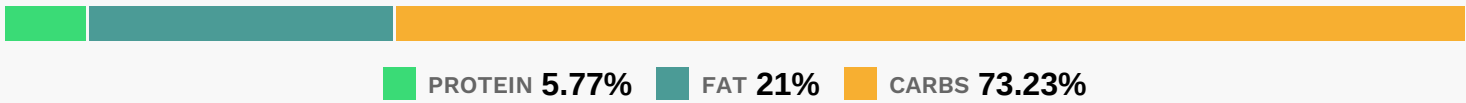
5 allspice whole

Equipment

Directions

Combine everything in a large jar and seal. Keep in a cool, dark place for a couple of days, shaking it once a day to distribute the ingredients. Start tasting it after 48 hours; adjust ingredients if necessary, and once you feel it's done (probably no longer than 4 days altogether), strain and bottle.

Nutrition Facts



Properties

Glycemic Index:157, Glycemic Load:0.71, Inflammation Score:-9, Nutrition Score:5.0326087708059%

Nutrients (% of daily need)

Calories: 1802.32kcal (90.12%), Fat: 1.19g (1.84%), Saturated Fat: 0.15g (0.93%), Carbohydrates: 9.37g (3.12%), Net Carbohydrates: 6.51g (2.37%), Sugar: 0.51g (0.57%), Cholesterol: 0mg (0%), Sodium: 11.36mg (0.49%), Alcohol: 254.11g (100%), Alcohol %: 40.56% (100%), Protein: 0.74g (1.48%), Manganese: 0.89mg (44.72%), Copper: 0.24mg (11.89%), Fiber: 2.86g (11.42%), Iron: 1.01mg (5.64%), Vitamin C: 4.21mg (5.11%), Calcium: 50.91mg (5.09%), Phosphorus: 44.37mg (4.44%), Potassium: 141.72mg (4.05%), Vitamin B1: 0.06mg (3.85%), Magnesium: 14.45mg (3.61%), Zinc: 0.49mg (3.25%), Vitamin B6: 0.06mg (2.82%), Vitamin B2: 0.04mg (2.57%), Vitamin K: 1.93µg (1.84%), Vitamin B3: 0.36mg (1.8%)