



## Naughty and Nice Buttered Rum

 Vegetarian  Gluten Free  Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



285 kcal

BEVERAGE

DRINK

### Ingredients

- 1 tablespoon brown sugar
- 1 tablespoon butter softened
- 2 ounces rum dark
- 1 Dash ground cinnamon
- 1 Dash ground nutmeg
- 1 serving water boiling

### Equipment

## Directions

- Put the butter, sugar, and spices in the bottom of a mug. Muddle together with the back of a spoon.
- Add the rum and fill the mug with boiling water. Stir and serve, regardless if you've been naughty or nice!

## Nutrition Facts

 **PROTEIN 0.58%**  **FAT 66.47%**  **CARBS 32.95%**

## Properties

Glycemic Index:140, Glycemic Load:0.22, Inflammation Score:-4, Nutrition Score:1.7330434704604%

## Nutrients (% of daily need)

Calories: 284.67kcal (14.23%), Fat: 11.73g (18.05%), Saturated Fat: 7.46g (46.62%), Carbohydrates: 13.08g (4.36%), Net Carbohydrates: 12.34g (4.49%), Sugar: 11.95g (13.28%), Cholesterol: 30.1mg (10.03%), Sodium: 106.04mg (4.61%), Alcohol: 18.94g (100%), Alcohol %: 7.47% (100%), Protein: 0.23g (0.46%), Manganese: 0.22mg (11.08%), Vitamin A: 353.83IU (7.08%), Copper: 0.07mg (3.45%), Calcium: 32.28mg (3.23%), Fiber: 0.74g (2.96%), Vitamin E: 0.35mg (2.32%), Magnesium: 6.16mg (1.54%), Iron: 0.22mg (1.25%), Vitamin K: 1.29µg (1.23%)