



## Rainy Portland (Warm Rum Drink)

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



363 kcal

BEVERAGE

DRINK

### Ingredients

- 2 teaspoons brown sugar
- 1 teaspoon butter
- 1 pinch ground nutmeg
- 10 fluid ounces milk to taste
- 1.5 fluid ounces rum
- 1 teaspoon vanilla extract

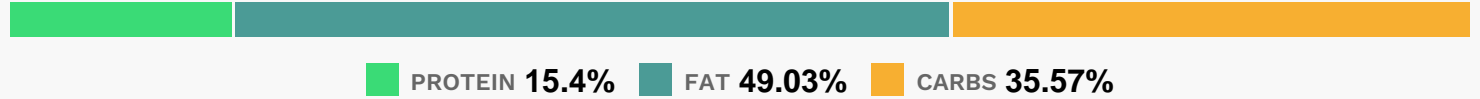
### Equipment

- microwave

## Directions

- Fill a microwave-safe mug with milk; stir in brown sugar and vanilla extract.
- Heat milk mixture in microwave until almost boiling, about 1 minute. Stir rum into milk mixture and float butter on top; sprinkle with nutmeg.

## Nutrition Facts



## Properties

Glycemic Index:173, Glycemic Load:5.45, Inflammation Score:-5, Nutrition Score:10.242173976548%

## Nutrients (% of daily need)

Calories: 362.9kcal (18.15%), Fat: 13.88g (21.36%), Saturated Fat: 8.33g (52.06%), Carbohydrates: 22.66g (7.55%), Net Carbohydrates: 22.45g (8.16%), Sugar: 22.78g (25.31%), Cholesterol: 46.23mg (15.41%), Sodium: 147.72mg (6.42%), Alcohol: 16.19g (100%), Alcohol %: 5.73% (100%), Protein: 9.81g (19.62%), Calcium: 373.83mg (37.38%), Phosphorus: 304.32mg (30.43%), Vitamin B12: 1.61µg (26.75%), Vitamin B2: 0.42mg (24.47%), Vitamin D: 3.25µg (21.68%), Potassium: 465.7mg (13.31%), Vitamin A: 605IU (12.1%), Vitamin B1: 0.17mg (11.49%), Vitamin B5: 1.12mg (11.2%), Magnesium: 38.61mg (9.65%), Vitamin B6: 0.19mg (9.34%), Zinc: 1.26mg (8.42%), Selenium: 5.78µg (8.26%), Manganese: 0.06mg (3.16%), Vitamin B3: 0.36mg (1.79%), Vitamin E: 0.26mg (1.76%), Copper: 0.03mg (1.46%), Vitamin K: 1.24µg (1.18%)