



Rum Dulce de Leche



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



342 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup rum dark
- ☐ 0.1 teaspoon salt
- ☐ 28 ounce condensed milk sweetened canned
- ☐ 0.3 teaspoon vanilla

Equipment

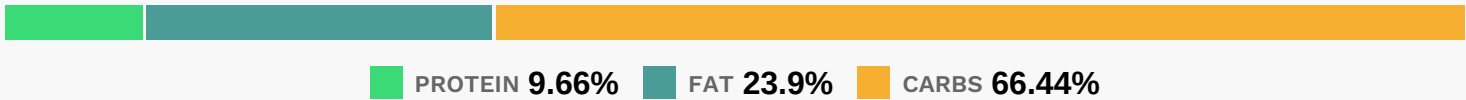
- ☐ frying pan
- ☐ oven
- ☐ whisk

- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 425°F.
- ☐ Pour condensed milk into a 9-inch deep-dish pie plate and cover with foil. Put pie plate in a roasting pan and add enough hot water to pan to reach halfway up side of pie plate.
- ☐ Bake milk in middle of oven until thick and golden, about 1 1/2 hours. Carefully remove pie plate from pan and cool completely.
- ☐ Add remaining ingredients to milk and whisk until smooth. Sauce may be made 2 days ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:32.93, Inflammation Score:-3, Nutrition Score:7.0691303727419%

Nutrients (% of daily need)

Calories: 341.97kcal (17.1%), Fat: 8.63g (13.28%), Saturated Fat: 5.45g (34.05%), Carbohydrates: 53.99g (18%), Net Carbohydrates: 53.99g (19.63%), Sugar: 53.99g (59.99%), Cholesterol: 33.74mg (11.25%), Sodium: 162.46mg (7.06%), Alcohol: 3.38g (100%), Alcohol %: 3.92% (100%), Protein: 7.85g (15.7%), Calcium: 281.83mg (28.18%), Phosphorus: 251.44mg (25.14%), Vitamin B2: 0.41mg (24.31%), Selenium: 14.69µg (20.98%), Potassium: 368.51mg (10.53%), Vitamin B5: 0.74mg (7.44%), Vitamin B12: 0.44µg (7.28%), Magnesium: 25.81mg (6.45%), Zinc: 0.94mg (6.25%), Vitamin B1: 0.09mg (5.99%), Vitamin A: 264.93IU (5.3%), Vitamin C: 2.58mg (3.13%), Folate: 10.91µg (2.73%), Vitamin B6: 0.05mg (2.54%), Vitamin D: 0.2µg (1.32%), Iron: 0.19mg (1.07%), Vitamin E: 0.16mg (1.06%), Vitamin B3: 0.21mg (1.05%)