



Rum Glaze

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



355 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter softened
- ☐ 3 tablespoons milk
- ☐ 2.5 cups powdered sugar sifted
- ☐ 1 teaspoon rum extract
- ☐ 2 teaspoons vanilla extract

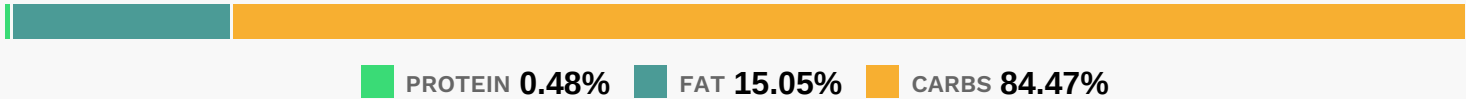
Equipment

- ☐ double boiler

Directions

- ☐ Combine all ingredients in top of a double boiler, stirring well.
- ☐ Place over boiling water; cook until sugar is dissolved, stirring frequently.
- ☐ Remove from heat; beat until mixture is slightly thickened. Use immediately.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:0.81869564586036%

Nutrients (% of daily need)

Calories: 354.59kcal (17.73%), Fat: 6g (9.22%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 75.69g (25.23%), Net Carbohydrates: 75.69g (27.52%), Sugar: 74.14g (82.38%), Cholesterol: 1.35mg (0.45%), Sodium: 71.96mg (3.13%), Alcohol: 0.69g (100%), Alcohol %: 0.9% (100%), Protein: 0.43g (0.87%), Vitamin A: 268.61IU (5.37%), Vitamin B2: 0.03mg (2.02%), Calcium: 16.91mg (1.69%), Vitamin E: 0.22mg (1.48%), Phosphorus: 13.09mg (1.31%), Vitamin B12: 0.07µg (1.13%)