



Rum-Marinated Dried Fruit



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



202 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 cup rum dark



24 ounce fruit mixed dried coarsely chopped



0.8 cup sugar



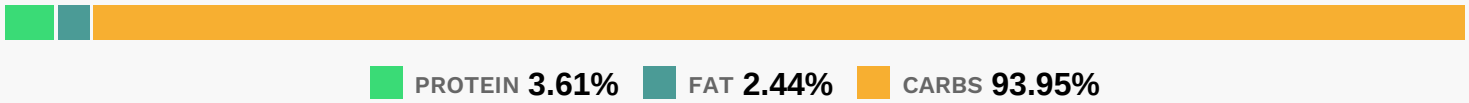
3 cups water

Equipment

Directions

Combine all ingredients in a 2-quart jar with a lid. Cover tightly, and shake vigorously. Store fruit mixture in a cool, dark place for at least 3 days.

Nutrition Facts



Properties

Glycemic Index:8.29, Glycemic Load:15.63, Inflammation Score:-2, Nutrition Score:4.284347774218%

Nutrients (% of daily need)

Calories: 201.86kcal (10.09%), Fat: 0.48g (0.74%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 41.73g (13.91%), Net Carbohydrates: 36.96g (13.44%), Sugar: 33.97g (37.75%), Cholesterol: 0mg (0%), Sodium: 7.67mg (0.33%), Alcohol: 5.73g (100%), Alcohol %: 5.71% (100%), Protein: 1.6g (3.21%), Fiber: 4.76g (19.05%), Manganese: 0.25mg (12.57%), Potassium: 331.03mg (9.46%), Magnesium: 33.55mg (8.39%), Calcium: 80.36mg (8.04%), Copper: 0.15mg (7.6%), Vitamin K: 7.58µg (7.22%), Iron: 1mg (5.55%), Phosphorus: 33.25mg (3.32%), Vitamin B1: 0.04mg (2.82%), Vitamin B6: 0.05mg (2.58%), Vitamin B2: 0.04mg (2.5%), Zinc: 0.33mg (2.23%), Vitamin B5: 0.21mg (2.11%), Vitamin B3: 0.3mg (1.52%), Vitamin E: 0.17mg (1.17%), Folate: 4.37µg (1.09%)