



## Rum Raisin Ice Cream Sauce

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



83 kcal

SAUCE

### Ingredients

- ☐ 0.5 cup rum dark such as Myers's
- ☐ 0.5 cup raisins
- ☐ 1 cup sugar
- ☐ 0.5 cup whipping cream

### Equipment

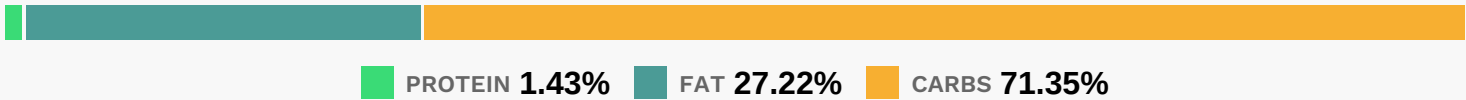
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

☐ whisk

## Directions

- ☐ In a small bowl, combine raisins and rum and let sit 15 minutes.
- ☐ Meanwhile, in a medium saucepan, combine sugar with 1/4 cup water. Boil over high heat (don't stir) until a spot starts to turn brown, about 8 minutes. Gently swirl pan until sugar is an even amber color.
- ☐ Carefully whisk cream into sugar mixture (it will boil furiously).
- ☐ Remove from heat and stir in raisins and rum.
- ☐ Let cool completely before packaging.
- ☐ Make ahead: Cool, then cover and chill up to 2 weeks. Reheat to serve.

## Nutrition Facts



## Properties

Glycemic Index:7.19, Glycemic Load:8.51, Inflammation Score:-1, Nutrition Score:0.51043478107971%

## Nutrients (% of daily need)

Calories: 83.32kcal (4.17%), Fat: 2.2g (3.38%), Saturated Fat: 1.38g (8.59%), Carbohydrates: 12.97g (4.32%), Net Carbohydrates: 12.73g (4.63%), Sugar: 10.15g (11.28%), Cholesterol: 6.72mg (2.24%), Sodium: 2.78mg (0.12%), Alcohol: 2g (100%), Alcohol %: 9.93% (100%), Protein: 0.26g (0.52%), Vitamin A: 87.46IU (1.75%), Vitamin B2: 0.02mg (1.17%), Potassium: 35.88mg (1.03%)