



Rum Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



314 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup firmly brown sugar packed
- ☐ 0.5 cup butter
- ☐ 1 pinch cloves
- ☐ 0.3 teaspoon orange zest
- ☐ 2 tablespoons rum
- ☐ 0.5 cup whipping cream

Equipment

- ☐ sauce pan

Directions

Melt butter and brown sugar in a heavy saucepan over low heat, stirring until smooth. Stir in remaining ingredients. Cook, stirring constantly, 10 minutes or until thickened.

Nutrition Facts



PROTEIN 1.17%

FAT 79.03%

CARBS 19.8%

Properties

Glycemic Index:13, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:2.3800000412309%

Nutrients (% of daily need)

Calories: 313.92kcal (15.7%), Fat: 27.03g (41.58%), Saturated Fat: 17.15g (107.19%), Carbohydrates: 15.23g (5.08%), Net Carbohydrates: 15.16g (5.51%), Sugar: 14.94g (16.6%), Cholesterol: 75.7mg (25.23%), Sodium: 157.11mg (6.83%), Alcohol: 2g (100%), Alcohol %: 3.76% (100%), Protein: 0.9g (1.8%), Vitamin A: 917.87IU (18.36%), Manganese: 0.13mg (6.55%), Vitamin E: 0.76mg (5.09%), Calcium: 34.75mg (3.48%), Vitamin B2: 0.05mg (3.13%), Vitamin D: 0.38µg (2.54%), Vitamin K: 2.63µg (2.51%), Phosphorus: 20.31mg (2.03%), Selenium: 1.13µg (1.62%), Potassium: 49.94mg (1.43%), Vitamin B12: 0.08µg (1.28%), Vitamin B5: 0.11mg (1.07%)