



Rum Syrup



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



505 kcal

BEVERAGE

DRINK

Ingredients



0.3 cup banana liqueur



0.7 cup butter



0.3 cup rum dark



0.8 cup sugar

Equipment

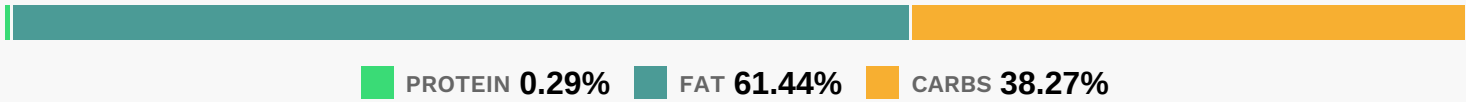


sauce pan

Directions

- ☐ Melt butter in a 2-quart saucepan over low heat; stir in rum, liqueur, and sugar. Bring to a boil over medium-high heat, stirring constantly. Reduce heat to medium; cook 5 minutes or until syrupy. (Do not overcook.)
- ☐ Let cool.

Nutrition Facts



Properties

Glycemic Index:33.77, Glycemic Load:26.19, Inflammation Score:-5, Nutrition Score:1.5143478180727%

Nutrients (% of daily need)

Calories: 504.55kcal (25.23%), Fat: 30.8g (47.39%), Saturated Fat: 19.45g (121.54%), Carbohydrates: 43.17g (14.39%), Net Carbohydrates: 43.17g (15.7%), Sugar: 43.19g (47.99%), Cholesterol: 81.34mg (27.11%), Sodium: 243.79mg (10.6%), Alcohol: 8.75g (100%), Alcohol %: 10.55% (100%), Protein: 0.32g (0.64%), Vitamin A: 945.46IU (18.91%), Vitamin E: 0.88mg (5.85%), Vitamin K: 2.65µg (2.52%), Vitamin B2: 0.02mg (1.21%), Vitamin B12: 0.06µg (1.07%)