

Single Cup Hot Buttered Rum



Gluten Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



280 kcal

BEVERAGE

DRINK

Ingredients

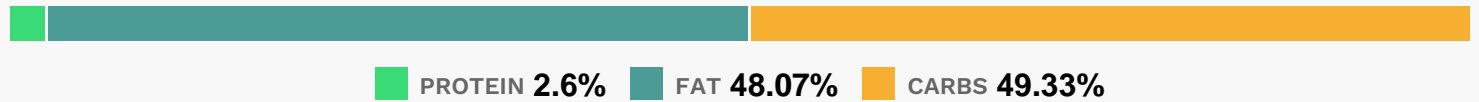
- 1 tablespoon brown sugar
- 1.5 teaspoons butter
- 1.5 teaspoons powdered sugar
- 1 pinch ground cinnamon
- 1 pinch nutmeg
- 2 tablespoons whipped cream flavored
- 1.5 fluid ounce rum dark
- 0.5 cup water

Equipment

Directions

- Combine butter, brown sugar, and confectioners' sugar in a large coffee mug; stir the mixture together with a fork until well combined.
- Pour in the rum, add the ice cream and cinnamon, and fill the remainder of the mug with simmering water.
- Mix the drink with the fork until the ice cream and butter have melted together to make a creamy topping.
- Sprinkle with a dash of nutmeg, and serve.

Nutrition Facts



Properties

Glycemic Index:201, Glycemic Load:4.34, Inflammation Score:-3, Nutrition Score:2.0817391146784%

Nutrients (% of daily need)

Calories: 280.47kcal (14.02%), Fat: 9.7g (14.92%), Saturated Fat: 6.12g (38.27%), Carbohydrates: 22.4g (7.47%), Net Carbohydrates: 21.88g (7.96%), Sugar: 21.14g (23.49%), Cholesterol: 29.14mg (9.71%), Sodium: 81.84mg (3.56%), Alcohol: 14.81g (100%), Alcohol %: 8.7% (100%), Protein: 1.18g (2.36%), Vitamin A: 313.54IU (6.27%), Calcium: 57.04mg (5.7%), Vitamin B2: 0.08mg (4.5%), Manganese: 0.08mg (4.1%), Phosphorus: 37.36mg (3.74%), Copper: 0.05mg (2.59%), Potassium: 81.92mg (2.34%), Magnesium: 8.5mg (2.13%), Vitamin B12: 0.13µg (2.13%), Fiber: 0.52g (2.08%), Vitamin B5: 0.2mg (1.97%), Zinc: 0.27mg (1.8%), Vitamin E: 0.27mg (1.78%), Vitamin B1: 0.02mg (1.24%), Selenium: 0.79µg (1.13%), Vitamin B6: 0.02mg (1.08%)