



Spiced Rum No. 5



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



593 kcal

BEVERAGE

DRINK

Ingredients



3 allspice



1 cardamom



0.5 cinnamon sticks



0.1 teaspoon nutmeg freshly ground



750 milliliters rum



1 star anise



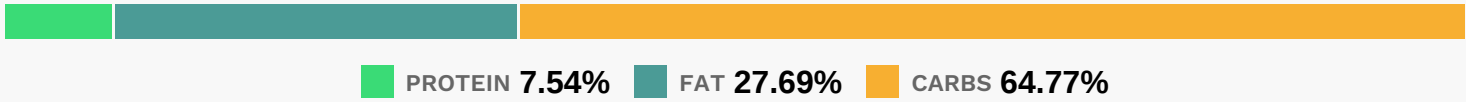
0.5 vanilla pod

Equipment

Directions

- ☐
- Combine 1 bottle (750milliliters) medium-bodiedaged rum (such asEl Dorado 5 Year, Mount
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- ☐
- Gay Eclipse Black, orAppleton Estate V/X),3 allspice berries,3 cloves, 1 cardamompod, 1
-
- segment of a staranise pod, 1/2 cinnamonstick, and 1/8 teaspoons freshlyground nutmeg in
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- alidded 1-quart jar. Twista 4x1" strip of orangepeel (no white pith) justabove the mixture
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- torelease some of its oils;add peel to jar. Split1/2 vanilla bean lengthwise;srape seedsinto jar
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- and add bean.Cover jar tightly; shaketo combine.
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- ☐
- Let sit ina dark place for 2 days,shaking once afterfirst day. Strain mixturethrough
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- cheeseclothor a fine-mesh sieveinto a clean bottle;discard spices. Will keepindefinitely if
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- sealedtightly and stored ina dark, dry place.

Nutrition Facts



Properties

Glycemic Index:38.33, Glycemic Load:0.05, Inflammation Score:-6, Nutrition Score:1.4504348020191%

Nutrients (% of daily need)

Calories: 593.12kcal (29.66%), Fat: 0.27g (0.41%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 1.41g (0.47%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.04g (0.04%), Cholesterol: 0mg (0%), Sodium: 2.86mg (0.12%), Alcohol: 84.7g (100%), Alcohol %: 41.9% (100%), Protein: 0.16g (0.33%), Manganese: 0.35mg (17.36%), Copper: 0.06mg (3.11%), Fiber: 0.58g (2.34%), Iron: 0.38mg (2.09%), Phosphorus: 13.46mg (1.35%), Zinc: 0.18mg (1.22%), Vitamin B1: 0.02mg (1.21%), Calcium: 11.37mg (1.14%)