



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

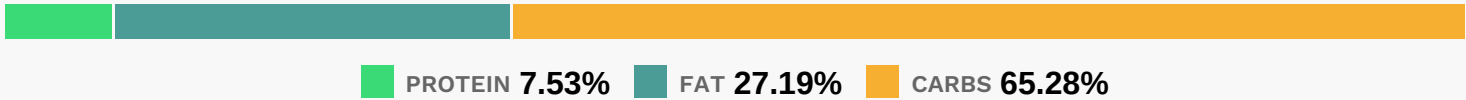
- ☐ 3 allspice
- ☐ 1 cardamom pod
- ☐ 0.5 cinnamon sticks
- ☐ 0.1 teaspoon nutmeg freshly ground
- ☐ 1 strip x1" of orange peel white (no pith)
- ☐ 750 milliliters medium-bodied aged rum
- ☐ 1 segment of a star anise pod
- ☐ 0.5 vanilla pod

Equipment

Directions

- ☐
- Combine 1 bottle (750milliliters) medium-bodiedaged rum (such asEl Dorado 5 Year, Mount
-
- ☐
- 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
-
- alidded 1-quart jar. Twista 4x1" strip of orangepeel (no white pith) justabove the mixture
-
- 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
-
- cheeseclothor a fine-mesh sieveinto a clean bottle;discard spices. Will keepindefinitely if
-
- sealedtightly and stored ina dark, dry place.

Nutrition Facts



Properties

Glycemic Index:52.5, Glycemic Load:0.06, Inflammation Score:-6, Nutrition Score:1.4673913289671%

Flavonoids

Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.05mg,
Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg

Nutrients (% of daily need)

Calories: 593.28kcal (29.66%), Fat: 0.27g (0.41%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 1.45g (0.48%), Net
Carbohydrates: 0.86g (0.31%), Sugar: 0.07g (0.08%), Cholesterol: 0mg (0%), Sodium: 2.86mg (0.12%), Alcohol:
84.7g (100%), Alcohol %: 41.85% (100%), Protein: 0.17g (0.34%), Manganese: 0.35mg (17.37%), Copper: 0.06mg
(3.12%), Fiber: 0.59g (2.37%), Iron: 0.38mg (2.09%), Phosphorus: 13.51mg (1.35%), Vitamin B1: 0.02mg (1.23%), Zinc:
0.18mg (1.22%), Calcium: 11.5mg (1.15%)