

Hot Buttered Rum Mix

The Irma - Cody, WY

The Great Country Inns of America Cookbook (2nd ed) (1992)

1 pound butter, softened
1 pound confectioner's sugar
1 pound brown sugar
2 teaspoons nutmeg
1 tablespoon cinnamon
1/2 teaspoon ground cloves
1 quart vanilla ice cream

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Cream the softened butter, sugars and spices together (for best results, use a mixer).

Add the softened ice cream. Mix thoroughly.

Freeze or refrigerate before using.

To serve: use two teaspoons of the above mixture and one to one and one-half jiggers of dark rum. Fill the cup with hot water and stir to mix. Serve in Irish coffee mugs.

Per Serving (excluding unknown items): 7835 Calories; 429g Fat (47.9% calories from fat); 23g Protein; 1027g Carbohydrate; 5g Dietary Fiber; 1227mg Cholesterol; 4359mg Sodium. Exchanges: 1/2 Grain(Starch); 85 1/2 Fat; 68 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	7835	Vitamin B6 (mg):	.4mg
% Calories from Fat:	47.9%	Vitamin B12 (mcg):	2.6mcg
% Calories from Carbohydrates:	51.0%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	1.1%	Riboflavin B2 (mg):	1.4mg
Total Fat (g):	429g	Folacin (mcg):	50mcg
Saturated Fat (g):	266g	Niacin (mg):	1mg
Monounsaturated Fat (g):	123g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	16g	Alcohol (kcal):	0
Cholesterol (mg):	1227mg	% Refuse:	n n%
Carbohydrate (g):	1027g	Food Exchanges	
Dietary Fiber (g):	5g	Grain (Starch):	1/2
Protein (g):	23g	Lean Meat:	0

Sodium (mg): 4359mg
Potassium (mg): 2811mg
Calcium (mg): 1274mg
Iron (mg): 13mg
Zinc (mg): 5mg
Vitamin C (mg): 6mg
Vitamin A (i.u.): 16071IU
Vitamin A (r.e.): 4057 1/2RE

Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 85 1/2
Other Carbohydrates: 68

Nutrition Facts

Amount Per Serving

Calories 7835 **Calories from Fat:** 3753

% Daily Values*

Total Fat 429g	660%
Saturated Fat 266g	1332%
Cholesterol 1227mg	409%
Sodium 4359mg	182%
Total Carbohydrates 1027g	342%
Dietary Fiber 5g	20%
Protein 23g	
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Vitamin A	321%
Vitamin C	10%
Calcium	127%
Iron	71%

* Percent Daily Values are based on a 2000 calorie diet.