

# Hot Buttered Rum

*Publix Liquors*

1 small slice soft butter  
 1 teaspoon brown sugar  
 ground cinnamon (optional)  
 ground nutmeg (optional)  
 allspice (optional)  
 dash vanilla extract  
 2 ounces dark rum  
 6 ounces hot water

At the bottom of an Irish coffee glass or mug,  
 place the butter, sugar and spices.

Mix well or muddle.

Pour in the rum and hot water. Stir.

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Per Serving (excluding unknown items): 210 Calories; 8g Fat (85.1% calories from fat); trace Protein; 3g Carbohydrate; 0g Dietary Fiber; 21mg Cholesterol; 85mg Sodium. Exchanges: 1 1/2 Fat; 0 Other Carbohydrates.

## Beverages

### Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	210
<b>% Calories from Fat:</b>	85.1%
<b>% Calories from Carbohydrates:</b>	14.6%
<b>% Calories from Protein:</b>	0.3%
<b>Total Fat (g):</b>	8g
<b>Saturated Fat (g):</b>	5g
<b>Monounsaturated Fat (g):</b>	2g
<b>Polyunsaturated Fat (g):</b>	trace
<b>Cholesterol (mg):</b>	21mg
<b>Carbohydrate (g):</b>	3g
<b>Dietary Fiber (g):</b>	0g
<b>Protein (g):</b>	trace
<b>Sodium (mg):</b>	85mg
<b>Potassium (mg):</b>	14mg
<b>Calcium (mg):</b>	8mg
<b>Iron (mg):</b>	trace
<b>Zinc (mg):</b>	trace

<b>Vitamin B6 (mg):</b>	trace
<b>Vitamin B12 (mcg):</b>	trace
<b>Thiamin B1 (mg):</b>	trace
<b>Riboflavin B2 (mg):</b>	trace
<b>Folacin (mcg):</b>	trace
<b>Niacin (mg):</b>	trace
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	131
<b>% Refuse:</b>	0.0%

### Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	1 1/2
<b>Other Carbohydrates:</b>	0

Vitamin C (mg): 0mg  
Vitamin A (i.u.): 287IU  
Vitamin A (r.e.): 86 1/2RE

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## Nutrition Facts

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### Amount Per Serving

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Calories 210                      Calories from Fat: 178

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### % Daily Values\*

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<b>Total Fat</b>	8g	12%
Saturated Fat	5g	24%
<b>Cholesterol</b>	21mg	7%
<b>Sodium</b>	85mg	4%
<b>Total Carbohydrates</b>	3g	1%
Dietary Fiber	0g	0%
<b>Protein</b>	trace	
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<b>Vitamin A</b>		6%
<b>Vitamin C</b>		0%
<b>Calcium</b>		1%
<b>Iron</b>		1%

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