

Rum Syrup

What's Cooking II

North American Institute of Modern Cuisine

Yield: 1 1/2 cups

3/4 cup water

1 cup sugar

1 orange section

3 ounces dark rum

In a saucepan, bring to a boil the water, sugar and orange. Without stirring, simmer for 3 minutes.

Remove from the heat. Let cool for 6 minutes. Add the rum. Remove the orange section.

Variations: Replace the orange section with a half-lemon. Replace the rum with Grand Marnier, kirsch or any other liqueur.

Per Serving (excluding unknown items): 1055 Calories; trace Fat (0.2% calories from fat); 2g Protein; 221g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 1 1/2 Fruit; 13 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1055	Vitamin B6 (mg):	.1mg
% Calories from Fat:	0.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	99.0%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	0.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	trace	Folacin (mcg):	55mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	196
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	221g		
Dietary Fiber (g):	4g	Food Exchanges	
Protein (g):	2g	Grain (Starch):	0
Sodium (mg):	8mg	Lean Meat:	0
Potassium (mg):	331mg	Vegetable:	0
Calcium (mg):	78mg	Fruit:	1 1/2
Iron (mg):	trace	Non-Fat Milk:	0
Zinc (mg):	trace	Fat:	0
		Other Carbohydrates:	13 1/2

Vitamin C (mg): 96mg
Vitamin A (i.u.): 369IU
Vitamin A (r.e.): 36RE

Nutrition Facts

Amount Per Serving

Calories 1055 **Calories from Fat:** 2

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	8mg	0%
Total Carbohydrates	221g	74%
Dietary Fiber	4g	17%
Protein	2g	
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Vitamin A		7%
Vitamin C		160%
Calcium		8%
Iron		2%

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