

Rum Sauce

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*1/4 cup packed dark brown sugar
1/4 cup golden rum (such as
Bacardi)
2 teaspoons unsalted butter
1/4 teaspoon Kosher salt
1 tablespoon lime juice*

In a small saucepan, combine the brown sugar, rum, butter and Kosher salt. Bring to a boil.

Reduce the heat and simmer for 4 minutes or until thickened.

Stir in one tablespoon of lime juice.

Per Serving (excluding unknown items): 279 Calories; 8g Fat (23.9% calories from fat); trace Protein; 55g Carbohydrate; trace Dietary Fiber; 21mg Cholesterol; 493mg Sodium. Exchanges: 0 Fruit; 1 1/2 Fat; 3 1/2 Other Carbohydrates.

Sauces

Per Serving Nutritional Analysis

Calories (kcal):	279
% Calories from Fat:	23.9%
% Calories from Carbohydrates:	75.9%
% Calories from Protein:	0.2%
Total Fat (g):	8g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	21mg
Carbohydrate (g):	55g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	493mg
Potassium (mg):	210mg
Calcium (mg):	50mg
Iron (mg):	1mg
Zinc (mg):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	2mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	3 1/2

Vitamin C (mg): 5mg
Vitamin A (i.u.): 291IU
Vitamin A (r.e.): 71 1/2RE

Nutrition Facts

Amount Per Serving

Calories	279	Calories from Fat: 67
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% Daily Values*

Total Fat	8g	12%
Saturated Fat	5g	24%
Cholesterol	21mg	7%
Sodium	493mg	21%
Total Carbohydrates	55g	18%
Dietary Fiber	trace	0%
Protein	trace	

Vitamin A	6%
Vitamin C	8%
Calcium	5%
Iron	6%

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