



Amazonia



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



237 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

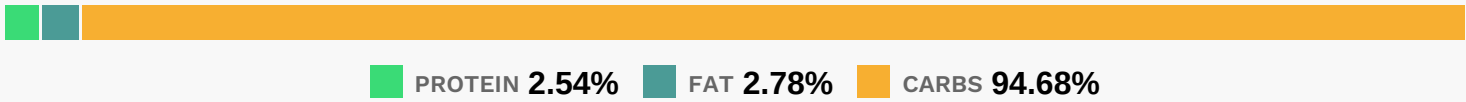
- ☐ 1 apples
- ☐ 1 ounce apple juice
- ☐ 1 ounce cachaca
- ☐ 3 ounces sparkling wine or any sparkling wine
- ☐ 6 mint leaves fresh
- ☐ 8 ice cubes
- ☐ 0.5 ounce juice of lime freshly squeezed

Equipment

Directions

- ☐ In cocktail shaker, stir together cachaca and mint. Using wooden muddler or spoon, pound and press just until mint is bruised.
- ☐ Add ice, apple juice, lime juice, and simple syrup, and shake vigorously for 25 seconds. Strain into Champagne glass. Top with Champagne.
- ☐ Place apple slice in drink and serve immediately.

Nutrition Facts



Properties

Glycemic Index:72.75, Glycemic Load:7.92, Inflammation Score:-6, Nutrition Score:5.057826127695%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.72mg, Catechin: 2.72mg, Catechin: 2.72mg, Catechin: 2.72mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 15.04mg, Epicatechin: 15.04mg, Epicatechin: 15.04mg, Epicatechin: 15.04mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Eriodictyol: 2.17mg, Eriodictyol: 2.17mg, Eriodictyol: 2.17mg, Eriodictyol: 2.17mg Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg

Nutrients (% of daily need)

Calories: 237.08kcal (11.85%), Fat: 0.41g (0.63%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 31.57g (10.52%), Net Carbohydrates: 26.61g (9.68%), Sugar: 23.04g (25.6%), Cholesterol: 0mg (0%), Sodium: 16.65mg (0.72%), Alcohol: 16.5g (100%), Alcohol %: 4.59% (100%), Protein: 0.85g (1.69%), Fiber: 4.96g (19.85%), Vitamin C: 14.79mg (17.92%), Potassium: 348.94mg (9.97%), Manganese: 0.16mg (7.89%), Vitamin A: 360.53IU (7.21%), Magnesium: 26.08mg (6.52%), Vitamin B6: 0.11mg (5.49%), Copper: 0.1mg (5.17%), Iron: 0.91mg (5.06%), Vitamin B2: 0.08mg (4.63%), Phosphorus: 41.13mg (4.11%), Calcium: 40.77mg (4.08%), Vitamin K: 4.09µg (3.89%), Folate: 14.57µg (3.64%), Vitamin B1: 0.05mg (3.02%), Vitamin E: 0.36mg (2.41%), Vitamin B3: 0.39mg (1.97%), Vitamin B5: 0.16mg (1.63%), Zinc: 0.24mg (1.57%)