



Bloody Carioca



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



206 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 ounces cachaca
- ☐ 0.1 teaspoon celery salt
- ☐ 1 stick cucumber (7 inches long and 1/)
- ☐ 2 olive green
- ☐ 0.1 teaspoon nutmeg
- ☐ 0.3 teaspoon hot sauce such as tabasco
- ☐ 8 ice cubes

- ☐ 0.5 ounce juice of lemon
- ☐ 0.5 teaspoon juice of lime
- ☐ 0.5 ounce passion fruit juice
- ☐ 0.1 teaspoon sea salt
- ☐ 4 ounces sacramento tomato juice
- ☐ 0.3 teaspoon worcestershire sauce

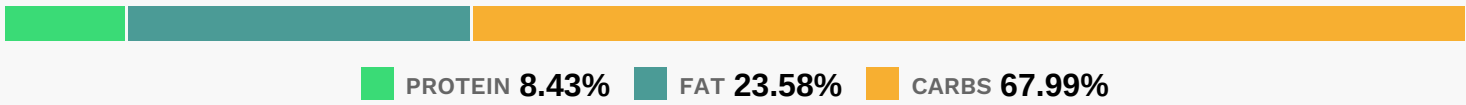
Equipment

- ☐ toothpicks

Directions

- ☐ In cocktail shaker, stir together ice, cachaca, tomato juice, passion fruit juice, lemon juice, lime juice, pepper, celery salt, nutmeg, and salt.
- ☐ Add hot sauce and Worcestershire sauces, then stir for five seconds.
- ☐ Pour into highball glass. Thread olives on toothpick, then add olives and cucumber stick to drink and serve immediately.

Nutrition Facts



Properties

Glycemic Index:148.33, Glycemic Load:1.46, Inflammation Score:-7, Nutrition Score:5.8721740012584%

Flavonoids

Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg Hesperetin: 2.28mg, Hesperetin: 2.28mg, Hesperetin: 2.28mg, Hesperetin: 2.28mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 206.11kcal (10.31%), Fat: 1.44g (2.22%), Saturated Fat: 0.25g (1.55%), Carbohydrates: 9.35g (3.12%), Net Carbohydrates: 8.37g (3.04%), Sugar: 7.07g (7.86%), Cholesterol: 0mg (0%), Sodium: 770.35mg (33.49%), Alcohol: 22.11g (100%), Alcohol %: 8.38% (100%), Protein: 1.16g (2.32%), Vitamin C: 32.45mg (39.33%), Vitamin A: 656.37IU

(13.13%), Potassium: 349.97mg (10%), Vitamin B6: 0.15mg (7.51%), Folate: 28.67µg (7.17%), Manganese: 0.13mg (6.46%), Copper: 0.12mg (6.16%), Vitamin B3: 1.03mg (5.14%), Magnesium: 20.16mg (5.04%), Vitamin E: 0.7mg (4.69%), Vitamin B1: 0.06mg (4.29%), Iron: 0.72mg (3.97%), Fiber: 0.98g (3.92%), Vitamin K: 3.89µg (3.7%), Vitamin B2: 0.06mg (3.67%), Vitamin B5: 0.33mg (3.33%), Phosphorus: 27.89mg (2.79%), Calcium: 25.5mg (2.55%), Zinc: 0.23mg (1.53%)