

# Brazilian Quentao

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



377 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 750 milliliter cachaca
- 4 cinnamon sticks
- 0.8 cup ginger root fresh cubed
- 2 limes sliced
- 3 cups water
- 1 cup sugar white

## Equipment

- sauce pan

## Directions

- Pour sugar into a 3-quart saucepan and place over medium-high heat. Cook while stirring gently until the sugar melts and turns golden brown, about 10 minutes.
- Carefully and slowly pour in the water, stirring to dissolve the caramel.
- Add the ginger, lime, and cinnamon; bring to a boil, then reduce heat to medium, and simmer for 10 to 15 minutes.
- Pour in the cachaca, and cook until hot, about 5 minutes more. Strain before serving.

## Nutrition Facts

 PROTEIN 1.13%  FAT 1.47%  CARBS 97.4%

## Properties

Glycemic Index:15.26, Glycemic Load:18.1, Inflammation Score:-4, Nutrition Score:2.0673913333727%

## Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 376.65kcal (18.83%), Fat: 0.2g (0.31%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 30.22g (10.07%), Net Carbohydrates: 28.64g (10.42%), Sugar: 25.98g (28.86%), Cholesterol: 0mg (0%), Sodium: 6.37mg (0.28%), Alcohol: 36.47g (100%), Alcohol %: 19.69% (100%), Protein: 0.35g (0.7%), Manganese: 0.33mg (16.43%), Vitamin C: 5.39mg (6.53%), Fiber: 1.58g (6.31%), Calcium: 27.41mg (2.74%), Copper: 0.05mg (2.66%), Potassium: 62.48mg (1.79%), Iron: 0.31mg (1.74%), Magnesium: 6.81mg (1.7%), Vitamin B6: 0.02mg (1.22%)