

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

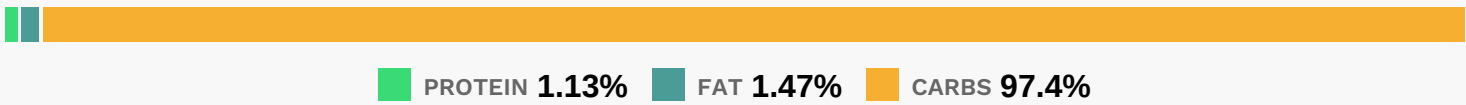
Equipment

- ☐ 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



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%)