



Caipirinha



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



1

CALORIES



870 kcal

SIDE DISH

Ingredients

- ☐ 1 bottle cachaca sugarcane brandy
- ☐ 1 serving sugarcane sticks fresh for serving, optional
- ☐ 1 serving ice cubes
- ☐ 1 optional: lemon chopped
- ☐ 1 lime chopped
- ☐ 1 slices mint and lime fresh for garnish
- ☐ 1 small cranberry-orange relish chopped
- ☐ 1 cup sugar

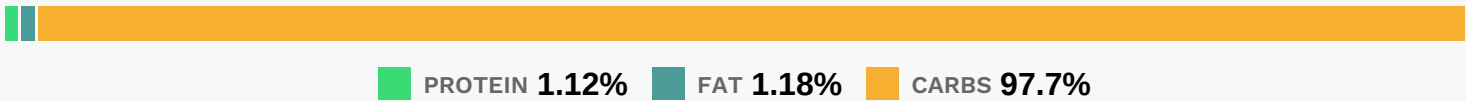
Equipment

- ☐ wooden spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the pieces of citrus and the sugar in the bottom of a pitcher. Using a muddler or the handle of a wooden spoon, crush and mash the fruits to release the oils and juice from the rind. When you have some nice juice in there and the sugar begins to dissolve, add the liquor and stir to combine. Fill lowball glasses with ice cubes and pour the cocktail over the ice. Do not remove the pieces of crushed fruit.
- ☐ Garnish with mint and lime. Use fresh sugarcane sticks as stirrers, if desired.

Nutrition Facts



Properties

Glycemic Index:202.09, Glycemic Load:146.91, Inflammation Score:-7, Nutrition Score:10.466956545477%

Flavonoids

Eriodictyol: 23.38mg, Eriodictyol: 23.38mg, Eriodictyol: 23.38mg, Eriodictyol: 23.38mg Hesperetin: 85.2mg, Hesperetin: 85.2mg, Hesperetin: 85.2mg, Hesperetin: 85.2mg Naringenin: 17.58mg, Naringenin: 17.58mg, Naringenin: 17.58mg, Naringenin: 17.58mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 2.37mg, Luteolin: 2.37mg, Luteolin: 2.37mg, Luteolin: 2.37mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 870.2kcal (43.51%), Fat: 1.22g (1.88%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 227.81g (75.94%), Net Carbohydrates: 220.51g (80.19%), Sugar: 212.43g (236.03%), Cholesterol: 0mg (0%), Sodium: 9.41mg (0.41%), Alcohol: 0.39g (100%), Alcohol %: 0.09% (100%), Protein: 2.6g (5.21%), Vitamin C: 128.16mg (155.34%), Fiber: 7.3g (29.2%), Folate: 47.54µg (11.89%), Potassium: 403.43mg (11.53%), Vitamin B1: 0.15mg (9.86%), Calcium: 95.1mg (9.51%), Vitamin B6: 0.17mg (8.74%), Copper: 0.15mg (7.67%), Iron: 1.3mg (7.22%), Vitamin B2: 0.11mg (6.74%), Vitamin A: 320.23IU (6.4%), Vitamin B5: 0.6mg (5.96%), Magnesium: 23.73mg (5.93%), Phosphorus: 43.75mg (4.38%), Manganese: 0.08mg (4.13%), Selenium: 2.38µg (3.41%), Vitamin E: 0.48mg (3.23%), Vitamin B3: 0.53mg (2.66%), Zinc: 0.24mg (1.62%)