



Caipirinha Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



202 kcal

BEVERAGE

DRINK

Ingredients

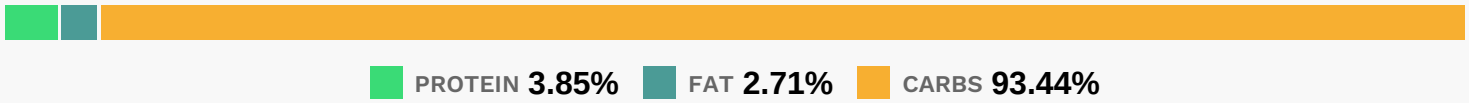
- ☐ 2 fluid ounces cachaca (Brazilian rum)
- ☐ 1.5 cups ice cubes
- ☐ 1 lime quartered
- ☐ 1 teaspoon sugar white

Equipment

Directions

- ☐
- Combine sugar and lime quarters in a pint glass. Crush and mix together using a cocktail muddler.
- ☐
- Add cachaca and stir. Fill with ice and stir again.

Nutrition Facts



Properties

Glycemic Index:102.09, Glycemic Load:4.44, Inflammation Score:-4, Nutrition Score:2.4895652014276%

Flavonoids

Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 202.36kcal (10.12%), Fat: 0.15g (0.23%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 11.37g (3.79%), Net Carbohydrates: 9.49g (3.45%), Sugar: 5.47g (6.08%), Cholesterol: 0mg (0%), Sodium: 19.12mg (0.83%), Alcohol: 23.06g (100%), Alcohol %: 6.03% (100%), Protein: 0.47g (0.94%), Vitamin C: 19.5mg (23.63%), Fiber: 1.88g (7.5%), Copper: 0.1mg (5.03%), Calcium: 32.8mg (3.28%), Iron: 0.4mg (2.24%), Potassium: 68.42mg (1.95%), Magnesium: 7.57mg (1.89%), Vitamin B5: 0.15mg (1.45%), Vitamin B6: 0.03mg (1.44%), Folate: 5.36µg (1.34%), Vitamin B1: 0.02mg (1.34%), Phosphorus: 12.06mg (1.21%)