



Caipirinha de Uva



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



273 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 ounces cachaca
- ☐ 7 grapes green
- ☐ 8 ice cubes
- ☐ 4 lime wedges (from)
- ☐ 2 teaspoons sugar raw such as turbinado or demerara
- ☐ 1.5 ounces wine

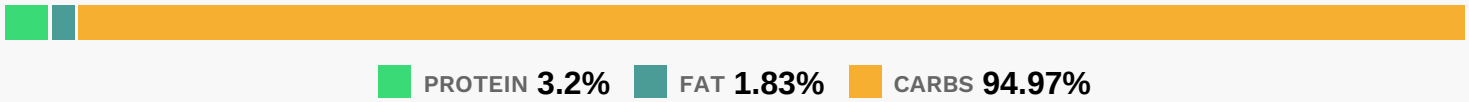
Equipment

- ☐ skewers

Directions

- ☐ In cocktail shaker, stir together lime wedges, 5 grapes, and sugar. Using wooden muddler or spoon, pound and press until fruit is crushed and juices are released.
- ☐ Add cachaca, wine, and ice, and shake vigorously for 25 seconds.
- ☐ Pour into old-fashioned glass. Thread remaining 2 grapes onto skewer, place in drink, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:93, Glycemic Load:4.71, Inflammation Score:-5, Nutrition Score:3.8582608440648%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Hesperetin: 31.13mg, Hesperetin: 31.13mg, Hesperetin: 31.13mg, Hesperetin: 31.13mg Naringenin: 2.61mg, Naringenin: 2.61mg, Naringenin: 2.61mg, Naringenin: 2.61mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 272.51kcal (13.63%), Fat: 0.2g (0.31%), Saturated Fat: 0.03g (0.22%), Carbohydrates: 23.32g (7.77%), Net Carbohydrates: 20.99g (7.63%), Sugar: 15.32g (17.02%), Cholesterol: 0mg (0%), Sodium: 10.11mg (0.44%), Alcohol: 26.49g (100%), Alcohol %: 10.29% (100%), Protein: 0.79g (1.57%), Vitamin C: 22.07mg (26.75%), Fiber: 2.33g (9.32%), Copper: 0.11mg (5.58%), Vitamin K: 5.71µg (5.44%), Potassium: 172.8mg (4.94%), Manganese: 0.08mg (4.2%), Vitamin B6: 0.08mg (4.12%), Iron: 0.7mg (3.9%), Calcium: 35.41mg (3.54%), Vitamin B1: 0.05mg (3.19%), Magnesium: 12.3mg (3.08%), Phosphorus: 27.69mg (2.77%), Vitamin B2: 0.05mg (2.66%), Vitamin B5: 0.19mg (1.93%), Folate: 6.89µg (1.72%), Vitamin E: 0.22mg (1.5%), Vitamin B3: 0.26mg (1.28%), Vitamin A: 59.1IU (1.18%), Zinc: 0.17mg (1.12%)