



Caipirinha II

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



562 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup caster sugar
- 15 lime
- 3 servings lime wedges
- 1.5 cups cachaca
- 1.5 cups frangelico
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Equipment

Directions

- Squeeze enough juice from limes to measure 2 cups. In a pitcher, stir together lime juice and sugar until sugar is dissolved.
- Add ice cubes and cachaça, stirring until combined well.
- Serve drinks garnished with lime wedges and/or sugarcane.

Nutrition Facts

PROTEIN 3.21% **FAT 2.39%** **CARBS 94.4%**

Properties

Glycemic Index:44.7, Glycemic Load:31.55, Inflammation Score:-8, Nutrition Score:10.606086969376%

Flavonoids

Hesperetin: 144.48mg, Hesperetin: 144.48mg, Hesperetin: 144.48mg, Hesperetin: 144.48mg Naringenin: 11.42mg, Naringenin: 11.42mg, Naringenin: 11.42mg, Naringenin: 11.42mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 562.06kcal (28.1%), Fat: 0.78g (1.2%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 69.18g (23.06%), Net Carbohydrates: 59.77g (21.73%), Sugar: 39.64g (44.05%), Cholesterol: 0mg (0%), Sodium: 7.05mg (0.31%), Alcohol: 46.02g (100%), Alcohol %: 11.97% (100%), Protein: 2.35g (4.7%), Vitamin C: 97.78mg (118.52%), Fiber: 9.41g (37.63%), Iron: 2.03mg (11.29%), Calcium: 111.21mg (11.12%), Copper: 0.22mg (11.04%), Potassium: 343.39mg (9.81%), Vitamin B5: 0.73mg (7.29%), Vitamin B6: 0.14mg (7.22%), Folate: 26.88µg (6.72%), Vitamin B1: 0.1mg (6.72%), Phosphorus: 60.48mg (6.05%), Magnesium: 20.16mg (5.04%), Vitamin E: 0.74mg (4.93%), Vitamin B2: 0.07mg (4.33%), Vitamin B3: 0.67mg (3.36%), Vitamin A: 168IU (3.36%), Zinc: 0.37mg (2.49%), Selenium: 1.54µg (2.21%), Vitamin K: 2.02µg (1.92%), Manganese: 0.03mg (1.41%)