

Caipirinhas



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



183 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups cachaca (from a 500-ml bottle)
- ☐ 8 servings ice cubes
- ☐ 4 lime
- ☐ 0.5 cup sugar

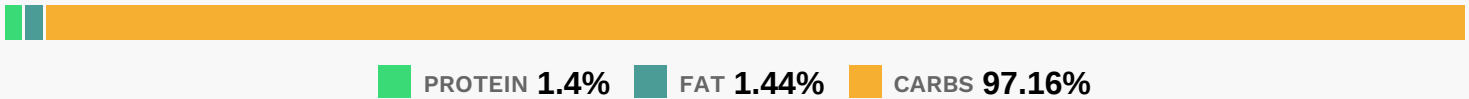
Equipment

- ☐ wooden spoon

Directions

- ☐ Quarter 1 lime lengthwise, then cut each quarter in half crosswise and divide pieces between 2 (6-ounce) glasses.
- ☐ Add 1 tablespoon sugar to each glass, then muddle lime pieces by pounding and pressing with a wooden spoon until sugar is dissolved. Fill each glass with ice and add 3 tablespoons (1 1/2 ounces) cachaça to each, stirring well. Make 6 more cocktails in same manner.

Nutrition Facts



Properties

Glycemic Index:12.76, Glycemic Load:9.55, Inflammation Score:-2, Nutrition Score:1.1843478161356%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 183.02kcal (9.15%), Fat: 0.11g (0.16%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 16.23g (5.41%), Net Carbohydrates: 15.29g (5.56%), Sugar: 13.3g (14.78%), Cholesterol: 0mg (0%), Sodium: 3.6mg (0.16%), Alcohol: 17.26g (100%), Alcohol %: 14.96% (100%), Protein: 0.23g (0.47%), Vitamin C: 9.75mg (11.82%), Fiber: 0.94g (3.75%), Copper: 0.03mg (1.58%), Calcium: 12.86mg (1.29%), Iron: 0.21mg (1.15%)