



Christmas Caipirinhas



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 cups prepare as
- ☐ 3 cups ice cubes for serving
- ☐ 1 cup juice of lime fresh
- ☐ 4 lime green with vegetable peeler in 2-inch-long strips)
- ☐ 30 large mint leaves fresh for garnish
- ☐ 1 cup rum (such as cachaça)
- ☐ 0.3 cup sugar

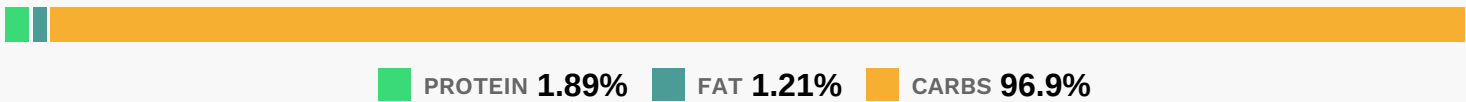
Equipment

- ☐ bowl
- ☐ wooden spoon
- ☐ mortar and pestle

Directions

- ☐ Combine lime peel, lime juice, ginger,sugar, and 30 mint leaves in mortar ormedium bowl. Using pestle, muddler,or handle of wooden spoon, crush limepeel, ginger, and mint leaves together.
- ☐ Transfer mixture to large pitcher. Stir inrum. DO AHEAD: Can be made 6 hoursahead. Cover and refrigerate.
- ☐ Add 3 cups ice cubes to lime mixturein pitcher and stir to blend. Stir in gingerbeer. Fill 10 cocktail glasses with icecubes. Strain or pour cocktail mixtureinto prepared glasses.
- ☐ Garnish eachdrink with mint sprig.

Nutrition Facts



Properties

Glycemic Index:18.01, Glycemic Load:10.66, Inflammation Score:-3, Nutrition Score:2.351739111154%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 14mg, Hesperetin: 14mg, Hesperetin: 14mg, Hesperetin: 14mg Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 131kcal (6.55%), Fat: 0.11g (0.18%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 20.62g (6.87%), Net Carbohydrates: 19.53g (7.1%), Sugar: 16.35g (18.17%), Cholesterol: 0mg (0%), Sodium: 14.05mg (0.61%), Alcohol: 8.02g (100%), Alcohol %: 3.74% (100%), Protein: 0.4g (0.8%), Vitamin C: 16.01mg (19.41%), Fiber: 1.09g (4.35%), Copper: 0.07mg (3.59%), Iron: 0.56mg (3.11%), Manganese: 0.06mg (3.08%), Vitamin A: 152.94IU (3.06%), Calcium: 25.24mg (2.52%), Potassium: 74.48mg (2.13%), Folate: 7.98µg (2%), Magnesium: 7.83mg (1.96%), Vitamin B6: 0.02mg (1.24%), Vitamin B1: 0.02mg (1.2%), Phosphorus: 11.36mg (1.14%), Vitamin B2: 0.02mg (1.11%), Zinc: 0.16mg (1.06%)