



Christmas Caipirinhas



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8.3 inch ginger fresh peeled
- ☐ 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

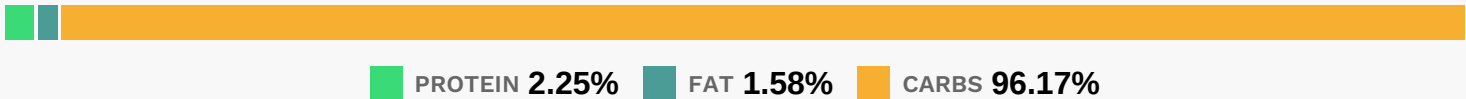
Equipment

- ☐ 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:19.51, Glycemic Load:10.8, Inflammation Score:-3, Nutrition Score:2.5852173864841%

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: 135.62kcal (6.78%), Fat: 0.16g (0.24%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 21.64g (7.21%), Net Carbohydrates: 20.44g (7.43%), Sugar: 16.45g (18.28%), Cholesterol: 0mg (0%), Sodium: 14.8mg (0.64%), Alcohol: 8.02g (100%), Alcohol %: 3.66% (100%), Protein: 0.51g (1.01%), Vitamin C: 16.3mg (19.76%), Fiber: 1.2g (4.81%), Copper: 0.08mg (4.24%), Manganese: 0.07mg (3.74%), Iron: 0.59mg (3.3%), Vitamin A: 152.94IU (3.06%), Potassium: 98.45mg (2.81%), Calcium: 26.17mg (2.62%), Magnesium: 10.32mg (2.58%), Folate: 8.62µg (2.15%), Vitamin B6: 0.03mg (1.7%), Phosphorus: 13.33mg (1.33%), Vitamin B1: 0.02mg (1.3%), Vitamin B2: 0.02mg (1.23%),

Zinc: 0.18mg (1.19%), Vitamin B5: 0.11mg (1.1%)