



Drinking Seasonally: Sour Cherry Caipirinha



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



241 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 ounces cachaca
- ☐ 2 cherries sour pitted
- ☐ 4 cherries sour pitted
- ☐ 1 serving ice cubes
- ☐ 1 lime fresh thick cut in half
- ☐ 2 teaspoons caster sugar

Equipment

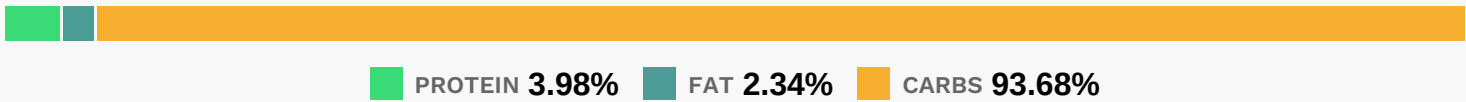
- ☐ toothpicks

☐ skewers

Directions

- ☐ In the bottom of the cocktail shaker, muddle the cherries, lime slices, and sugar.
- ☐ Add the cachaça and fill the shaker with ice. Shake well, then strain into a serving glass.
- ☐ Garnish with two sour cherries on a skewer or long toothpick.

Nutrition Facts



Properties

Glycemic Index:146.09, Glycemic Load:8.7, Inflammation Score:-4, Nutrition Score:3.3973912752193%

Flavonoids

Cyanidin: 14.5mg, Cyanidin: 14.5mg, Cyanidin: 14.5mg, Cyanidin: 14.5mg Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg Peonidin: 0.72mg, Peonidin: 0.72mg, Peonidin: 0.72mg, Peonidin: 0.72mg Catechin: 2.09mg, Catechin: 2.09mg, Catechin: 2.09mg, Catechin: 2.09mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 241.11kcal (12.06%), Fat: 0.26g (0.39%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 23.02g (7.67%), Net Carbohydrates: 20.13g (7.32%), Sugar: 15.59g (17.33%), Cholesterol: 0mg (0%), Sodium: 4.22mg (0.18%), Alcohol: 22.11g (100%), Alcohol %: 11.89% (100%), Protein: 0.98g (1.96%), Vitamin C: 22.86mg (27.71%), Fiber: 2.88g (11.54%), Potassium: 175.06mg (5%), Copper: 0.08mg (4.09%), Iron: 0.58mg (3.22%), Calcium: 30.11mg (3.01%), Vitamin B6: 0.05mg (2.62%), Magnesium: 9.86mg (2.46%), Vitamin B5: 0.24mg (2.41%), Phosphorus: 22.14mg (2.21%), Vitamin B1: 0.03mg (2.2%), Manganese: 0.04mg (1.96%), Folate: 7.28µg (1.82%), Vitamin B2: 0.03mg (1.81%), Vitamin K: 1.41µg (1.34%), Vitamin A: 64.22IU (1.28%), Vitamin E: 0.18mg (1.21%), Vitamin B3: 0.21mg (1.04%)