



WHATSheATE

El Chupacabra Martini



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



61 kcal

BEVERAGE

DRINK

Ingredients



2 ounces açai juice



1 blood oranges sliced for garnish



4 blood oranges freshly squeezed



4 ounces frangelico



1 ounce guava nectar



1 cup ice crushed



1 ounce pineapple



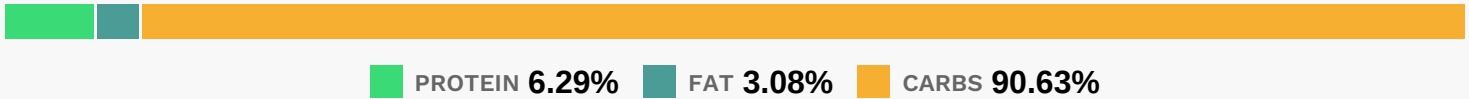
1 star fruit sliced for garnish

Equipment

Directions

- ☐
- In a cocktail shaker combine all ingredients with ice. Shake until blended and then strain into 2 martini glasses.
- ☐
- Garnish each glass with a blood orange slice or a star fruit slice.
- ☐
- Serve.
- ☐
- From Muy Bueno: Three Generations of Authentic Mexican Flavor by Yvette Marquez-Sharpnack, Veronica Gonzalez-Smith, and Evangelina Soza, © 2012 Hippocrene Books

Nutrition Facts



Properties

Glycemic Index:89.83, Glycemic Load:2.92, Inflammation Score:-5, Nutrition Score:4.7491304880899%

Flavonoids

Hesperetin: 8.86mg, Hesperetin: 8.86mg, Hesperetin: 8.86mg, Hesperetin: 8.86mg Naringenin: 4.98mg, Naringenin: 4.98mg, Naringenin: 4.98mg, Naringenin: 4.98mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 61.36kcal (3.07%), Fat: 0.21g (0.33%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 14.22g (4.74%), Net Carbohydrates: 11.83g (4.3%), Sugar: 10.88g (12.09%), Cholesterol: 0mg (0%), Sodium: 9.16mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.97%), Vitamin C: 42.99mg (52.11%), Fiber: 2.39g (9.58%), Manganese: 0.16mg (8.1%), Copper: 0.11mg (5.69%), Folate: 18.19µg (4.55%), Potassium: 149.19mg (4.26%), Vitamin B1: 0.05mg (3.08%), Vitamin B5: 0.3mg (3.01%), Vitamin A: 150.1IU (3%), Calcium: 28.52mg (2.85%), Magnesium: 11.11mg (2.78%), Vitamin B6: 0.04mg (2.23%), Vitamin B3: 0.36mg (1.78%), Vitamin B2: 0.03mg (1.48%), Phosphorus: 11.43mg (1.14%), Iron: 0.2mg (1.1%)