



Gino's spicy aperitivo

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



65 min.

SERVINGS



6

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 500 ml passata
- 6 juice of lime
- 0.5 nutmeg grated
- 2 pinches salt
- 2 pinches chilli powder
- 6 tbsp grappa
- 6 servings caster sugar
- 6 slices lime

Equipment

bowl

Directions

- Put the passata, lime juice, nutmeg, salt and chilli powder in a bowl or jug and stir well, adding the grappa or vodka, then chill in the fridge for at least 1 hr. Chill 6 cocktail glasses – small Martini glasses are best – at the same time.
- Take two saucers.
- Pour a little water into one and sprinkle a couple of tbsp of sugar in the other. Take each glass and dip the rim into the water then the sugar. Divide the aperitivo between the glasses and decorate with slices of lime.
- Serve immediately.

Nutrition Facts



PROTEIN 6.24% **FAT 3.06%** **CARBS 90.7%**

Properties

Glycemic Index:28.68, Glycemic Load:8.58, Inflammation Score:-6, Nutrition Score:6.4926087078841%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 5.7mg, Hesperetin: 5.7mg, Hesperetin: 5.7mg, Hesperetin: 5.7mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 136.61kcal (6.83%), Fat: 0.37g (0.56%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 24.44g (8.15%), Net Carbohydrates: 22.3g (8.11%), Sugar: 18g (20%), Cholesterol: 0mg (0%), Sodium: 160.2mg (6.97%), Alcohol: 6.05g (100%), Alcohol %: 5.02% (100%), Protein: 1.68g (3.37%), Vitamin C: 20.38mg (24.7%), Copper: 0.27mg (13.57%), Vitamin E: 1.94mg (12.96%), Potassium: 436.16mg (12.46%), Vitamin A: 566.6IU (11.33%), Iron: 1.71mg (9.48%), Fiber: 2.14g (8.56%), Manganese: 0.17mg (8.3%), Vitamin B3: 1.39mg (6.94%), Vitamin B6: 0.13mg (6.63%), Magnesium: 23.88mg (5.97%), Vitamin B2: 0.08mg (4.81%), Vitamin B5: 0.44mg (4.43%), Phosphorus: 42.04mg (4.2%), Vitamin K: 3.57µg (3.4%), Folate: 13.47µg (3.37%), Zinc: 0.37mg (2.45%), Calcium: 23.97mg (2.4%), Vitamin B1: 0.03mg (2.2%), Selenium: 0.82µg (1.17%)