



## Grilled Caipirinha

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



40 min.

SERVINGS



4

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 ounces cachaca
- 0.3 cup granulated sugar
- 4 servings ice cubes
- 4 medium lime quartered

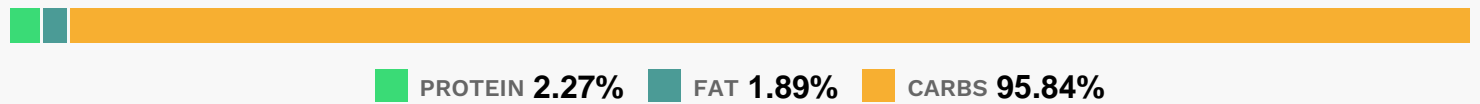
### Equipment

- bowl
- grill
- grill pan

## Directions

- Heat a grill pan or outdoor grill to medium-high (about 375°F to 425°F).
- Place the limes and 2 tablespoons of the sugar in a medium bowl and toss to evenly coat.
- Place the limes on the grill, reserving the bowl (no need to wash it). Grill the fruit uncovered, turning it occasionally, until it's slightly charred and softened, about 3 to 4 minutes. Return the limes to the reserved bowl and let them cool for at least 15 minutes. Meanwhile, place 4 cocktail glasses in the freezer to chill. Divide the grilled lime pieces among the chilled glasses, add 1 1/2 teaspoons of the remaining sugar to each glass, and muddle gently.
- Add 2 ounces of the cachaça to each glass and stir to combine. Top each glass with ice and stir to combine.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:25.52, Glycemic Load:10.38, Inflammation Score:-4, Nutrition Score:2.3169565058273%

## Flavonoids

Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 228.2kcal (11.41%), Fat: 0.17g (0.27%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 19.82g (6.61%), Net Carbohydrates: 17.94g (6.52%), Sugar: 13.94g (15.49%), Cholesterol: 0mg (0%), Sodium: 4.26mg (0.19%), Alcohol: 22.1g (100%), Alcohol %: 14.58% (100%), Protein: 0.47g (0.94%), Vitamin C: 19.5mg (23.63%), Fiber: 1.88g (7.5%), Copper: 0.05mg (2.67%), Calcium: 23.92mg (2.39%), Iron: 0.41mg (2.27%), Potassium: 68.59mg (1.96%), Vitamin B5: 0.15mg (1.45%), Vitamin B6: 0.03mg (1.44%), Vitamin B1: 0.02mg (1.34%), Folate: 5.36µg (1.34%), Phosphorus: 12.06mg (1.21%), Magnesium: 4.58mg (1.14%)