

Guaro Sour



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



16 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon club soda to taste (or)
- ☐ 1 serving cracked ice as needed
- ☐ 1 sprig mint leaves (for garnish)
- ☐ 1 teaspoon sugar
- ☐ 3 ounce guaro (preferably Cacique)
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Equipment

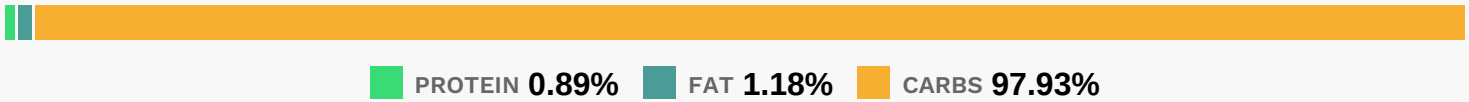
- ☐ wooden spoon

☐ drinking straws

Directions

- ☐ Add the sugar and lime wedges to the bottom of a double old-fashioned or similarly sized heavy bottom rocks glass. Use a long handled cocktail muddle or the wrong end of the wooden spoon to crush the limes until the juice is extracted and the rinds are bruised. Leave all the pulp, rinds and sugary juice in the glass; fill the glass to heaping with cracked ice.
- ☐ Pour the guaro over the ice; top with a splash of club soda, to taste.
- ☐ Garnish with mint sprig; serve with a straw for stirring and sipping. Note: White rum or cachaça cane spirit can be substituted for guaro.

Nutrition Facts



Properties

Glycemic Index:70.09, Glycemic Load:2.79, Inflammation Score:-1, Nutrition Score:0.22565217656286%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 16.1kcal (0.81%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.02%), Carbohydrates: 4.13g (1.38%), Net Carbohydrates: 4.05g (1.47%), Sugar: 3.99g (4.44%), Cholesterol: 0mg (0%), Sodium: 6.26mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.04g (0.08%)