

Infused sake



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



200 kcal

BEVERAGE

DRINK

Ingredients

☐ 1 cup firm-ripe mango pitted peeled sliced

☐ 1 cup pineapple fresh peeled sliced

☐ 750 ml sake

☐ 6 servings or

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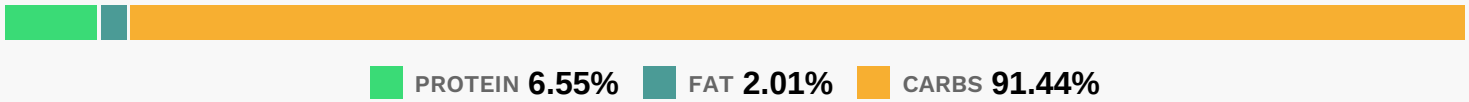
Equipment

☐ slotted spoon

Directions

- ☐ In a 4- to 6-cup widemouthed jar, combine sake and pineapple or mango. Cover and chill until sake has a subtle fruit flavor, about 5 days. Lift out fruit with a slotted spoon and discard.
- ☐ Serve cold--the sooner, the better. Leftover sake (without fruit) will keep up to 1 week when stored airtight in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:18.4, Glycemic Load:3.79, Inflammation Score:-6, Nutrition Score:3.6926086648651%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 200.17kcal (10.01%), Fat: 0.14g (0.21%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 14.07g (4.69%), Net Carbohydrates: 13.24g (4.82%), Sugar: 6.48g (7.2%), Cholesterol: 0mg (0%), Sodium: 3.09mg (0.13%), Alcohol: 20.42g (100%), Alcohol %: 14.23% (100%), Protein: 1.01g (2.02%), Vitamin C: 23.16mg (28.07%), Manganese: 0.27mg (13.61%), Vitamin A: 313.5IU (6.27%), Folate: 16.77µg (4.19%), Copper: 0.07mg (3.61%), Magnesium: 13.66mg (3.41%), Fiber: 0.82g (3.3%), Vitamin B6: 0.06mg (3.18%), Potassium: 107.88mg (3.08%), Selenium: 1.97µg (2.81%), Vitamin B1: 0.03mg (1.96%), Vitamin E: 0.25mg (1.69%), Vitamin B3: 0.32mg (1.61%), Iron: 0.25mg (1.39%), Phosphorus: 13.66mg (1.37%), Calcium: 12.94mg (1.29%), Vitamin K: 1.35µg (1.28%), Vitamin B5: 0.11mg (1.13%), Vitamin B2: 0.02mg (1.13%)