



## Mango and Coconut Milk Batida



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



427 kcal

BEVERAGE

DRINK

### Ingredients

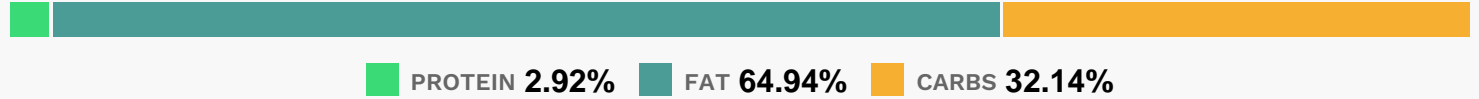
- 2 teaspoons agave nectar
- 4 ounces cachaca
- 6 ounces coconut milk canned
- 6 ounces pepperoncini pepper juice
- 2 teaspoons juice of lime freshly squeezed

### Equipment

# Directions

Combine cachaça, mango juice, coconut milk, lime, and agave nectar in a large cocktail shaker. Fill the cocktail shaker with ice and shake until well chilled, about 20 seconds. Strain into two ice-filled highball glasses and serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:27.88, Glycemic Load:4.99, Inflammation Score:-3, Nutrition Score:6.207391306434%

# Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Epicatechin: 4.01mg, Epicatechin: 4.01mg, Epicatechin: 4.01mg, Epicatechin: 4.01mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

# Nutrients (% of daily need)

Calories: 426.95kcal (21.35%), Fat: 20.4g (31.39%), Saturated Fat: 17.96g (112.28%), Carbohydrates: 22.72g (7.57%), Net Carbohydrates: 20.64g (7.5%), Sugar: 18.24g (20.27%), Cholesterol: 0mg (0%), Sodium: 16.66mg (0.72%), Alcohol: 22.1g (100%), Alcohol %: 11.59% (100%), Protein: 2.06g (4.13%), Manganese: 0.84mg (42.17%), Copper: 0.24mg (11.93%), Phosphorus: 91.8mg (9.18%), Magnesium: 36.22mg (9.06%), Potassium: 315.83mg (9.02%), Iron: 1.51mg (8.39%), Fiber: 2.08g (8.32%), Selenium: 5.53µg (7.9%), Vitamin C: 6.35mg (7.69%), Folate: 17.11µg (4.28%), Zinc: 0.59mg (3.95%), Vitamin B3: 0.78mg (3.92%), Vitamin B1: 0.05mg (3.56%), Vitamin B6: 0.07mg (3.43%), Vitamin K: 2.37µg (2.25%), Calcium: 21.21mg (2.12%), Vitamin B5: 0.2mg (2.03%), Vitamin B2: 0.03mg (1.87%), Vitamin E: 0.25mg (1.63%)