



Mango Lime Caipirinha

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



206 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 servings ice cubes
- 3 lime
- 4 servings rum (recommended: Pintu)
- 1 mangos fresh ripe peeled sliced
- 8 ounce apricot-mango nectar
- 0.5 cup sugar

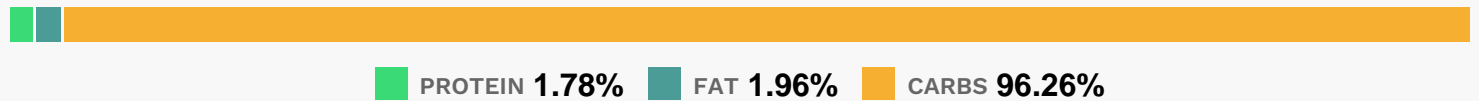
Equipment

- mortar and pestle

Directions

- Cut each lime into wedges. Put 4 wedges in a short rocks glass.
- Add 2 tablespoons of sugar and muddle with a bar tool "muddler" (or use a spoon or pestle).
- Add a splash of mango nectar, to taste. Fill the glass with ice and pour 2 ounces of cachaca over the ice.
- Garnish with slice of mango and a lime wedge. Repeat to make 3 more drinks.

Nutrition Facts



Properties

Glycemic Index:42.21, Glycemic Load:22.28, Inflammation Score:-7, Nutrition Score:5.8739130030508%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg 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: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Hesperetin: 21.61mg, Hesperetin: 21.61mg, Hesperetin: 21.61mg, Hesperetin: 21.61mg Naringenin: 1.71mg, Naringenin: 1.71mg, Naringenin: 1.71mg, Naringenin: 1.71mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 205.94kcal (10.3%), Fat: 0.41g (0.63%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 45.37g (15.12%), Net Carbohydrates: 42.96g (15.62%), Sugar: 39.92g (44.36%), Cholesterol: 0mg (0%), Sodium: 7.56mg (0.33%), Alcohol: 5.01g (100%), Alcohol %: 2.49% (100%), Protein: 0.84g (1.68%), Vitamin C: 42.08mg (51%), Vitamin A: 977.42IU (19.55%), Fiber: 2.41g (9.62%), Folate: 30.24µg (7.56%), Copper: 0.11mg (5.62%), Vitamin E: 0.7mg (4.64%), Vitamin B6: 0.09mg (4.59%), Potassium: 152.6mg (4.36%), Calcium: 33.84mg (3.38%), Iron: 0.61mg (3.37%), Manganese: 0.06mg (2.81%), Vitamin K: 2.93µg (2.79%), Magnesium: 10.45mg (2.61%), Vitamin B5: 0.25mg (2.51%), Vitamin B3: 0.49mg (2.47%), Vitamin B2: 0.04mg (2.16%), Vitamin B1: 0.03mg (2.14%), Phosphorus: 18.02mg (1.8%), Selenium: 0.89µg (1.27%)