

Mango Sake



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



252 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 10 drops ginger juice
- ☐ 3 tablespoons mangos
- ☐ 10.5 ounces mangos
- ☐ 1.8 quarts rice wine pure (rice)
- ☐ 7 ounces simple syrup glaze

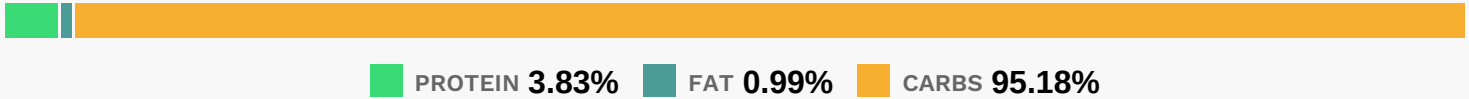
Equipment

- ☐ blender

Directions

- ☐ Combine a little Japanese saké, syrup and fresh mango in a blender and blend.
- ☐ Add the mango syrup and ginger juice, then strain through a cloth.
- ☐ Add the remaining saké and store in the refrigerator.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ Six years later, Robert de Niro persuaded him to open Nobu in New York. There are now thirteen Nobu restaurants all over the world—in New York, Los Angeles, Malibu, Aspen, Las Vegas, London, Milan, and Tokyo. He currently lives in Beverly Hills.

Nutrition Facts



Properties

Glycemic Index:8.63, Glycemic Load:1.98, Inflammation Score:-6, Nutrition Score:2.3039130490759%

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: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg 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

Nutrients (% of daily need)

Calories: 251.91kcal (12.6%), Fat: 0.11g (0.17%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 23.47g (7.82%), Net Carbohydrates: 23.01g (8.37%), Sugar: 16.01g (17.79%), Cholesterol: 0mg (0%), Sodium: 12.77mg (0.56%), Alcohol: 22.85g (100%), Alcohol %: 15.42% (100%), Protein: 0.94g (1.89%), Vitamin C: 10.37mg (12.58%), Vitamin A: 308.4IU (6.17%), Iron: 0.78mg (4.35%), Magnesium: 13.02mg (3.26%), Selenium: 2.27µg (3.25%), Folate: 12.26µg (3.06%), Potassium: 93.79mg (2.68%), Copper: 0.05mg (2.39%), Vitamin B1: 0.03mg (1.97%), Fiber: 0.46g (1.82%), Vitamin E: 0.26mg (1.71%), Vitamin B6: 0.03mg (1.7%), Phosphorus: 13.83mg (1.38%), Calcium: 12.38mg (1.24%), Vitamin B2: 0.02mg (1.22%), Vitamin K: 1.2µg (1.14%), Vitamin B3: 0.21mg (1.04%)