



Mint Caipirinha Ice Pops



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



110 kcal

DESSERT

Ingredients



0.3 cup cachaca



0.8 cup granulated sugar



0.8 cup juice of lime fresh



1 cup mint leaves



1 cup water

Equipment

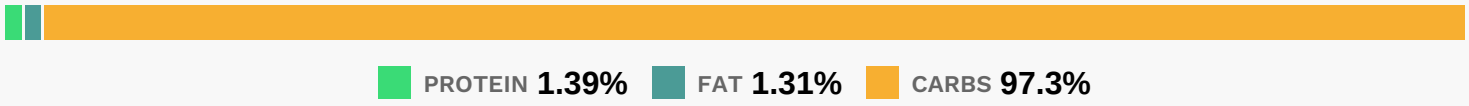


blender

Directions

Purée all ingredients in a blender until smooth. Skim off any foam, then pour into molds. Freeze 30 minutes. Insert sticks, then freeze until firm, about 24 hours.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:13.09, Inflammation Score:-3, Nutrition Score:1.6321739243424%

Flavonoids

Eriodictyol: 2.24mg, Eriodictyol: 2.24mg, Eriodictyol: 2.24mg, Eriodictyol: 2.24mg Hesperetin: 2.61mg, Hesperetin: 2.61mg, Hesperetin: 2.61mg, Hesperetin: 2.61mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 109.54kcal (5.48%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 21.48g (7.16%), Net Carbohydrates: 20.94g (7.61%), Sugar: 19.15g (21.28%), Cholesterol: 0mg (0%), Sodium: 3.86mg (0.17%), Alcohol: 3.84g (100%), Alcohol %: 5.62% (100%), Protein: 0.31g (0.61%), Vitamin C: 8.6mg (10.42%), Vitamin A: 250.29IU (5.01%), Manganese: 0.07mg (3.55%), Folate: 8.68µg (2.17%), Fiber: 0.54g (2.16%), Calcium: 17.92mg (1.79%), Iron: 0.32mg (1.75%), Potassium: 58.93mg (1.68%), Magnesium: 6.61mg (1.65%), Copper: 0.03mg (1.53%), Vitamin B2: 0.02mg (1.29%)