

Pondicherry Sour

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



130 min.

SERVINGS



16

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups calvados (apple brandy)
- 2 cups chai concentrate
- 0.5 cup juice of lemon fresh
- 1 cup juice of lime fresh

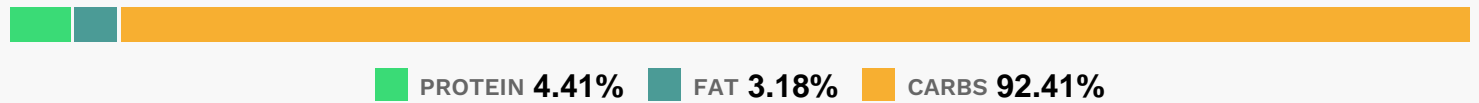
Equipment

- canning jar

Directions

- Combine first 4 ingredients in a 2-quart container. Cover and chill 2 hours or up to overnight.
- Pour 1 cup of mixture into a 1-quart mason jar.
- Add ice until ice is just above the level of the liquid. Shake for at least 15 hearty shakes or until mixture is covered with white foam. Strain into glasses. Repeat procedure in batches with remaining mixture.
- Garnish with star anise, if desired.

Nutrition Facts



Properties

Glycemic Index:0.94, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0.9073913005869%

Flavonoids

Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 2.37mg, Epigallocatechin: 2.37mg, Epigallocatechin: 2.37mg, Epigallocatechin: 2.37mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Epicatechin 3-gallate: 1.73mg, Epicatechin 3-gallate: 1.73mg, Epicatechin 3-gallate: 1.73mg, Epicatechin 3-gallate: 1.73mg Epigallocatechin 3-gallate: 2.76mg, Epigallocatechin 3-gallate: 2.76mg, Epigallocatechin 3-gallate: 2.76mg, Epigallocatechin 3-gallate: 2.76mg Theaflavin: 0.47mg, Theaflavin: 0.47mg, Theaflavin: 0.47mg Thearubigins: 23.98mg, Thearubigins: 23.98mg, Thearubigins: 23.98mg, Thearubigins: 23.98mg Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg Hesperetin: 2.46mg, Hesperetin: 2.46mg, Hesperetin: 2.46mg, Hesperetin: 2.46mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg Theaflavin-3,3'-digallate: 0.52mg, Theaflavin-3,3'-digallate: 0.52mg, Theaflavin-3,3'-digallate: 0.52mg, Theaflavin-3,3'-digallate: 0.52mg Theaflavin-3'-gallate: 0.45mg, Theaflavin-3'-gallate: 0.45mg, Theaflavin-3'-gallate: 0.45mg, Theaflavin-3'-gallate: 0.45mg Galocatechin: 0.37mg, Galocatechin: 0.37mg, Galocatechin: 0.37mg, Galocatechin: 0.37mg

Nutrients (% of daily need)

Calories: 109.7kcal (5.49%), Fat: 0.03g (0.04%), Saturated Fat: 0g (0.03%), Carbohydrates: 1.89g (0.63%), Net Carbohydrates: 1.8g (0.66%), Sugar: 0.45g (0.5%), Cholesterol: 0mg (0%), Sodium: 1.71mg (0.07%), Alcohol: 15.03g (100%), Alcohol %: 19.59% (100%), Caffeine: 5.9mg (1.97%), Protein: 0.09g (0.18%), Vitamin C: 7.49mg (9.08%), Manganese: 0.08mg (3.82%), Folate: 4.51µg (1.13%), Potassium: 37.37mg (1.07%)