



Sweet & Sour Plum Quencher

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



263 kcal

BEVERAGE

DRINK

Ingredients

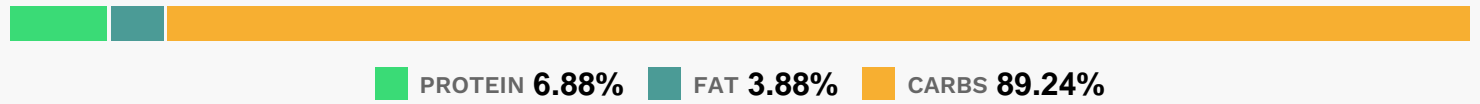
- 2 ounces cachaca
- 6 slices ginger thin
- 2 servings ice cubes
- 1 lime
- 6 mint leaves
- 1 slices garnish: plum thin
- 6 ounces japanese plum sake
- 2 ounces sparkling rosé wine

Equipment

Directions

- Thinly slice lime; place in a cocktail shaker.
- Add cachaa, ginger slices, and mint leaves; muddle.
- Add sake and ice to shaker. Cover and shake for 30 seconds. Strain and divide mixture evenly between 2 glasses. Float 1 ounce sparkling ros wine atop each serving.
- Garnish with a thin plum slice.

Nutrition Facts



Properties

Glycemic Index:42.83, Glycemic Load:4.16, Inflammation Score:-7, Nutrition Score:4.3782608820044%

Flavonoids

Cyanidin: 4.64mg, Cyanidin: 4.64mg, Cyanidin: 4.64mg, Cyanidin: 4.64mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Epicatechin 3-gallate: 0.63mg, Epicatechin 3-gallate: 0.63mg, Epicatechin 3-gallate: 0.63mg, Epicatechin 3-gallate: 0.63mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg Hesperetin: 14.71mg, Hesperetin: 14.71mg, Hesperetin: 14.71mg, Hesperetin: 14.71mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 262.74kcal (13.14%), Fat: 0.37g (0.57%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 19.19g (6.4%), Net Carbohydrates: 16.73g (6.09%), Sugar: 9.35g (10.38%), Cholesterol: 0mg (0%), Sodium: 8.87mg (0.39%), Alcohol: 26.56g (100%), Alcohol %: 10.43% (100%), Protein: 1.48g (2.96%), Vitamin C: 18.84mg (22.84%), Fiber: 2.45g (9.81%), Vitamin A: 428.82IU (8.58%), Potassium: 251.87mg (7.2%), Copper: 0.11mg (5.6%), Magnesium: 21.26mg (5.32%), Vitamin K: 5.49µg (5.23%), Manganese: 0.09mg (4.73%), Iron: 0.73mg (4.04%), Phosphorus: 32.82mg (3.28%),

Calcium: 32.74mg (3.27%), Vitamin B6: 0.06mg (2.87%), Folate: 11.17µg (2.79%), Vitamin B3: 0.54mg (2.68%),
Vitamin B1: 0.04mg (2.47%), Vitamin B2: 0.04mg (2.41%), Vitamin B5: 0.21mg (2.06%), Vitamin E: 0.3mg (2.03%),
Selenium: 1.42µg (2.03%), Zinc: 0.22mg (1.46%)