



## Tamarind Caipirinha

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



239 kcal

BEVERAGE

DRINK

### Ingredients

- 0.5 teaspoon peppercorns whole black
- 2 ounces cachaca
- 2 ounces seltzer water chilled
- 1 tablespoon t brown sugar dark packed
- 1 serving ice cubes
- 2 lime wedges
- 1 teaspoon tamarind paste

### Equipment

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## Directions

- Fill a cocktail glass with ice and set it aside.
- Place 1 of the lime wedges, the brown sugar, tamarind paste, and peppercorns in a cocktail shaker and muddle gently.
- Add the cachaça and shake vigorously until the sugar has dissolved. Fill the shaker halfway with ice and shake until the outside is frosty, about 20 to 30 seconds.
- Place a small, fine-mesh strainer over the cocktail glass, fit a standard cocktail strainer over the shaker, and pour the cocktail through both strainers into the glass. Squeeze the remaining lime wedge into the cocktail and add it to the glass. Top with the club soda, stir gently to combine, and serve.

## Nutrition Facts

**PROTEIN 3.03%** **FAT 1.83%** **CARBS 95.14%**

## Properties

Glycemic Index:129, Glycemic Load:3.77, Inflammation Score:-3, Nutrition Score:3.1530434981636%

## Flavonoids

Hesperetin: 15.48mg, Hesperetin: 15.48mg, Hesperetin: 15.48mg, Hesperetin: 15.48mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 238.62kcal (11.93%), Fat: 0.19g (0.29%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 21.67g (7.22%), Net Carbohydrates: 19.75g (7.18%), Sugar: 15.31g (17.01%), Cholesterol: 0mg (0%), Sodium: 21.19mg (0.92%), Alcohol: 22.1g (100%), Alcohol %: 12.37% (100%), Protein: 0.69g (1.38%), Manganese: 0.29mg (14.58%), Vitamin C: 10.72mg (13%), Fiber: 1.92g (7.69%), Calcium: 41.28mg (4.13%), Iron: 0.72mg (3.98%), Copper: 0.08mg (3.83%), Vitamin K: 4.01µg (3.82%), Magnesium: 14.57mg (3.64%), Potassium: 127.01mg (3.63%), Vitamin B1: 0.04mg (2.88%), Phosphorus: 18.35mg (1.83%), Vitamin B6: 0.03mg (1.57%), Vitamin B5: 0.13mg (1.35%), Vitamin B2: 0.02mg (1.28%), Vitamin B3: 0.25mg (1.23%), Folate: 4.35µg (1.09%)