



Tangerine-Ginger Caipirinhas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



205 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cup rum (Brazilian sugarcane liquor)
- ☐ 1 tablespoon ginger grated peeled
- ☐ 0.3 cup sugar
- ☐ 0.8 cup tangerine juice
- ☐ 3 small 1 tangerine seeded chopped (no need to peel)

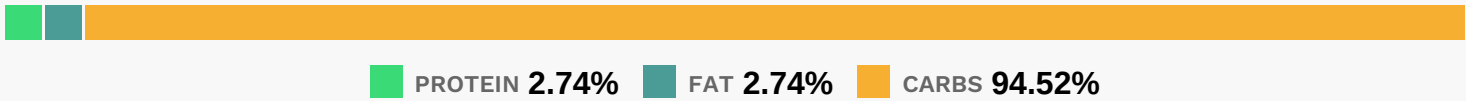
Equipment

- ☐ wooden spoon

Directions

- ☐
- Divide tangerines or small oranges among 6 tumblers.
- ☐
- Add 2 teaspoons sugar and 1/2 teaspoon grated peeled ginger to each glass. Crush the ingredients in the bottom of the glass with a muddler or handle of a wooden spoon. Top each drink with 2 tablespoons tangerine juice and 1/4 cup cachaa (Brazilian sugarcane liquor) or vodka. Fill glasses with ice cubes, stir, and serve.

Nutrition Facts



Properties

Glycemic Index:23.68, Glycemic Load:7.68, Inflammation Score:-5, Nutrition Score:2.5656522045965%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 8.3mg, Hesperetin: 8.3mg, Hesperetin: 8.3mg, Hesperetin: 8.3mg Naringenin: 4.23mg, Naringenin: 4.23mg, Naringenin: 4.23mg, Naringenin: 4.23mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 205.03kcal (10.25%), Fat: 0.22g (0.33%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 16.68g (5.56%), Net Carbohydrates: 15.91g (5.79%), Sugar: 15.42g (17.13%), Cholesterol: 0mg (0%), Sodium: 1.9mg (0.08%), Alcohol: 20.04g (100%), Alcohol %: 18.36% (100%), Protein: 0.48g (0.97%), Vitamin C: 19.28mg (23.37%), Vitamin A: 336.89IU (6.74%), Potassium: 124.25mg (3.55%), Fiber: 0.77g (3.08%), Vitamin B1: 0.04mg (2.9%), Vitamin B6: 0.05mg (2.25%), Manganese: 0.04mg (2%), Calcium: 19.89mg (1.99%), Copper: 0.04mg (1.97%), Folate: 7.75µg (1.94%), Magnesium: 7.53mg (1.88%), Phosphorus: 14.72mg (1.47%), Vitamin B2: 0.02mg (1.43%), Vitamin B5: 0.12mg (1.23%)