



The Produce Stand



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



184 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 basil fresh plus more for garnish
- ☐ 2 ounces cachaca
- ☐ 1 serving hot sauce
- ☐ 2 lime wedges
- ☐ 1 serving salt
- ☐ 2.5 ounces sacramento tomato juice
- ☐ 1 serving worcestershire sauce

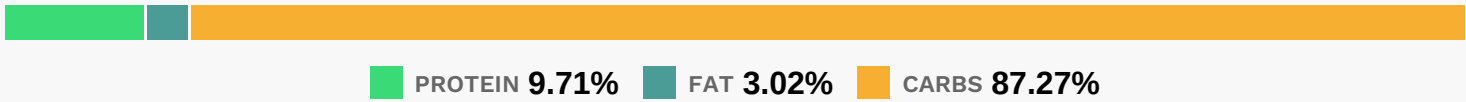
Equipment

☐ toothpicks

Directions

- ☐ Muddle the cherry tomatoes and lime in a shaker.
- ☐ Add the basil, tomato juice, and cachaça. Then season to taste with Worcestershire sauce, hot sauce, and salt.
- ☐ Add ice. Shake well and serve in a tall glass garnished with basil or cherry tomatoes speared on toothpicks.
- ☐ From Spice & Ice: 60 Tongue-Tingling Cocktails by Kara Newman. Text copyright © 2009 by Kara Newman; photographs copyright © 2009 by Antonis Achilleos. Published by Chronicle Books LLC.

Nutrition Facts



Properties

Glycemic Index:133.33, Glycemic Load:1.75, Inflammation Score:-5, Nutrition Score:4.0230434511019%

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 Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 183.78kcal (9.19%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 7.33g (2.44%), Net Carbohydrates: 6.03g (2.19%), Sugar: 3.57g (3.97%), Cholesterol: 0mg (0%), Sodium: 217.27mg (9.45%), Alcohol: 22.1g (100%), Alcohol %: 16.89% (100%), Protein: 0.82g (1.63%), Vitamin C: 23.79mg (28.84%), Vitamin A: 380.08IU (7.6%), Potassium: 209.57mg (5.99%), Fiber: 1.3g (5.22%), Vitamin K: 5.18µg (4.93%), Vitamin B6: 0.1mg (4.78%), Folate: 17.68µg (4.42%), Copper: 0.07mg (3.59%), Iron: 0.6mg (3.34%), Manganese: 0.06mg (3.11%), Vitamin B1: 0.05mg (3.01%), Vitamin B3: 0.56mg (2.82%), Magnesium: 10.61mg (2.65%), Vitamin B5: 0.26mg (2.57%), Calcium: 21.58mg (2.16%), Vitamin E: 0.31mg (2.09%), Phosphorus: 20.3mg (2.03%), Vitamin B2: 0.03mg (1.83%), Zinc: 0.15mg (1.03%)