



At-the-Cabin Mojitos

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



254 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup sugar
- 0.8 cup water
- 1 cup mint leaves packed coarsely chopped
- 1 cup rum
- 0.3 cup juice of lime fresh (from 2 medium limes)
- 1.5 cups seltzer water chilled
- 1 serving ice cubes for 4 low-ball glasses
- 12 lime cut in half thin (from 2 limes)

4 mint leaves fresh

Equipment

sauce pan

Directions

In 1-quart saucepan, mix mint syrup ingredients.

Heat to boiling over high heat, stirring occasionally. Reduce heat to low; simmer 5 minutes or until sugar is dissolved.

Remove from heat; let stand at room temperature about 20 minutes.

Strain mint leaves mixture into pitcher; do not push on leaves or syrup will turn a dark green color.

Add rum, lime juice and club soda to pitcher.

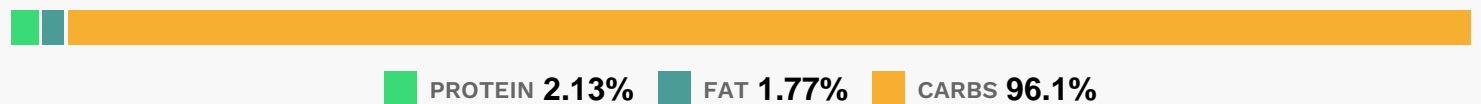
Fill 4 low-ball glasses with ice cubes.

Place halved lime slices in glasses, pushing down along side of glass, allowing ice cubes to hold them in place.

Pour mint mixture into glasses over ice.

Garnish each with mint sprig.

Nutrition Facts



Properties

Glycemic Index:29.27, Glycemic Load:17.97, Inflammation Score:-6, Nutrition Score:3.4939130628886%

Flavonoids

Eriodictyol: 4.12mg, Eriodictyol: 4.12mg, Eriodictyol: 4.12mg, Eriodictyol: 4.12mg Hesperetin: 11.63mg, Hesperetin: 11.63mg, Hesperetin: 11.63mg, Hesperetin: 11.63mg Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.66mg, Apigenin: 0.66mg, Apigenin: 0.66mg, Apigenin: 0.66mg Luteolin: 1.55mg, Luteolin: 1.55mg, Luteolin: 1.55mg, Luteolin: 1.55mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 253.51kcal (12.68%), Fat: 0.25g (0.38%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 30.2g (10.07%), Net Carbohydrates: 28.57g (10.39%), Sugar: 25.56g (28.4%), Cholesterol: 0mg (0%), Sodium: 26.92mg (1.17%), Alcohol: 20.04g (100%), Alcohol %: 9.06% (100%), Protein: 0.67g (1.34%), Vitamin C: 14.54mg (17.63%), Vitamin A: 538.44IU (10.77%), Manganese: 0.16mg (8.06%), Fiber: 1.63g (6.51%), Calcium: 45.25mg (4.53%), Iron: 0.81mg (4.48%), Copper: 0.09mg (4.35%), Folate: 17.16µg (4.29%), Magnesium: 13.74mg (3.44%), Potassium: 112.29mg (3.21%), Vitamin B2: 0.05mg (2.72%), Zinc: 0.29mg (1.95%), Phosphorus: 17.24mg (1.72%), Vitamin B1: 0.02mg (1.58%), Vitamin B6: 0.03mg (1.56%), Vitamin B3: 0.28mg (1.4%), Vitamin B5: 0.11mg (1.06%)