



Basil-Mint Mojito

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



299 kcal

BEVERAGE

DRINK

Ingredients

- 1 serving club soda
- 2 sprigs basil fresh
- 2 sprigs mint leaves fresh
- 1 tablespoon lime-basil syrup
- 2 teaspoons juice of lime fresh
- 0.5 cup rum
- 1 teaspoon sugar

Equipment

wooden spoon

Directions

Place first 3 ingredients in a sturdy old-fashioned glass. Crush to a pulp with a muddler or wooden spoon.

Add lime juice, Lime-Basil Syrup, and cracked ice. Stir in rum, and top with club soda.

Nutrition Facts



PROTEIN 4.51% **FAT 2.71%** **CARBS 92.78%**

Properties

Glycemic Index:187.09, Glycemic Load:2.97, Inflammation Score:-5, Nutrition Score:2.2691304272284%

Flavonoids

Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg Hesperetin: 3.68mg, Hesperetin: 3.68mg, Hesperetin: 3.68mg, Hesperetin: 3.68mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 299.22kcal (14.96%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 5.43g (1.97%), Sugar: 4.27g (4.75%), Cholesterol: 0mg (0%), Sodium: 2.55mg (0.11%), Alcohol: 40.08g (100%), Alcohol %: 34.56% (100%), Protein: 0.28g (0.57%), Vitamin K: 16.7µg (15.9%), Vitamin C: 6.1mg (7.4%), Vitamin A: 303.96IU (6.08%), Manganese: 0.09mg (4.67%), Copper: 0.05mg (2.71%), Iron: 0.32mg (1.8%), Fiber: 0.43g (1.73%), Folate: 6.48µg (1.62%), Calcium: 15.41mg (1.54%), Magnesium: 5.33mg (1.33%), Potassium: 43.5mg (1.24%), Phosphorus: 10.98mg (1.1%)