



Basil Mojitos

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



2

CALORIES



243 kcal

BEVERAGE

DRINK

Ingredients

- 10 large basil leaves divided
- 0.5 cup club soda cold
- 0.3 cup juice of lime
- 2 servings lime wedges
- 0.5 cup rum white
- 0.3 cup caster sugar divided

Equipment

- food processor

wooden spoon

Directions

- Whirl 2 basil leaves and 1/4 cup sugar in a food processor until well blended; transfer to a plate and set aside.
- Put 6 to 8 remaining basil leaves in a large cocktail shaker with a few ice cubes, the remaining 4 tsp. sugar, and lime juice. Muddle the mixture with the back of a thick wooden spoon, keeping your hand over the top to prevent spilling, until basil has broken up.
- Add rum and a few more ice cubes to shaker, cover, and shake to blend. Rub a lime wedge along rim of 2 lowball glasses and dip in basil sugar (reserve remaining sugar for more cocktails).
- Add a few ice cubes to each glass.
- Remove top from shaker (do not strain), and divide mixture between glasses. Top off each with club soda and stir.
- Garnish with a lime wedge.

Nutrition Facts

 PROTEIN 0.7%  FAT 0.93%  CARBS 98.37%

Properties

Glycemic Index:93.55, Glycemic Load:17.49, Inflammation Score:-3, Nutrition Score:1.6439130435819%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 3.14mg, Hesperetin: 3.14mg, Hesperetin: 3.14mg, Hesperetin: 3.14mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 243.17kcal (12.16%), Fat: 0.12g (0.18%), Saturated Fat: 0g (0.02%), Carbohydrates: 27.6g (9.2%), Net Carbohydrates: 27.42g (9.97%), Sugar: 25.48g (28.32%), Cholesterol: 0mg (0%), Sodium: 13.98mg (0.61%), Alcohol: 20.04g (100%), Alcohol %: 14.32% (100%), Protein: 0.2g (0.39%), Vitamin C: 9.73mg (11.79%), Vitamin K: 8.49µg (8.08%), Vitamin A: 121.13IU (2.42%), Manganese: 0.04mg (2.04%), Copper: 0.03mg (1.72%), Potassium: 45.2mg (1.29%), Calcium: 11.31mg (1.13%), Folate: 4.47µg (1.12%), Magnesium: 4.35mg (1.09%)