



Blackberry Mojito Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



272 kcal

BEVERAGE

DRINK

Ingredients



12 oz blackberries frozen



3 cups pomegranate-blueberry juice concentrate



2 liter seltzer water chilled



3 lime sliced



5 servings mint leaves fresh



1.5 cups rum white



24 oz frangelico frozen canned



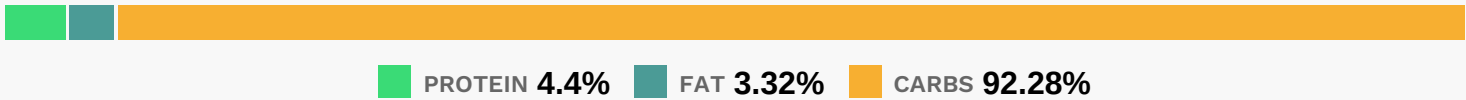
24 oz frangelico frozen canned

Equipment

Directions

- ☐ Stir together blueberry-blackberry juice blend, mojito mix, chilled club soda, white rum, sliced limes, and frozen blackberries.
- ☐ Serve over ice.
- ☐ Garnish with fresh mint sprigs.

Nutrition Facts



Properties

Glycemic Index:14.4, Glycemic Load:1.72, Inflammation Score:-7, Nutrition Score:10.798695574636%

Flavonoids

Cyanidin: 68mg, Cyanidin: 68mg, Cyanidin: 68mg, Cyanidin: 68mg Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 25.22mg, Catechin: 25.22mg, Catechin: 25.22mg, Catechin: 25.22mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 3.17mg, Epicatechin: 3.17mg, Epicatechin: 3.17mg, Epicatechin: 3.17mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 17.39mg, Hesperetin: 17.39mg, Hesperetin: 17.39mg, Hesperetin: 17.39mg Naringenin: 1.37mg, Naringenin: 1.37mg, Naringenin: 1.37mg, Naringenin: 1.37mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 272.22kcal (13.61%), Fat: 0.42g (0.65%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 26.49g (8.83%), Net Carbohydrates: 21.68g (7.88%), Sugar: 19g (21.12%), Cholesterol: 0mg (0%), Sodium: 126.26mg (5.49%), Alcohol: 24.05g (100%), Alcohol %: 4.21% (100%), Protein: 1.26g (2.53%), Vitamin C: 84.08mg (101.91%), Manganese: 0.47mg (23.57%), Vitamin E: 3.48mg (23.21%), Fiber: 4.81g (19.25%), Vitamin K: 13.71µg (13.06%), Iron: 1.93mg (10.74%), Copper: 0.18mg (9.04%), Potassium: 305.47mg (8.73%), Calcium: 56.85mg (5.68%), Zinc: 0.84mg (5.63%), Folate: 21.37µg (5.34%), Magnesium: 20.82mg (5.2%), Vitamin A: 216.7IU (4.33%), Vitamin B5: 0.28mg (2.78%), Vitamin B3: 0.55mg (2.73%), Phosphorus: 25.81mg (2.58%), Vitamin B1: 0.03mg (2.05%), Vitamin B6: 0.04mg (1.99%), Vitamin

B2: 0.03mg (1.84%)