

Blackberry Mojitos



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



198 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 tablespoon agave nectar light
- ☐ 0.5 cup blackberries fresh
- ☐ 2 servings seltzer water
- ☐ 8 mint leaves fresh plus more for garnish
- ☐ 2 servings ice crushed
- ☐ 2 servings ice cubes
- ☐ 0.5 cup rum light
- ☐ 1 slices lime for garnish

☐ 0.3 cup juice of lime fresh

Equipment

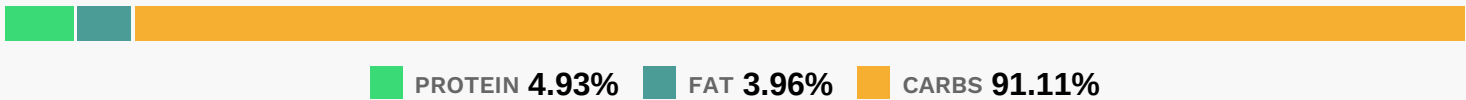
☐ wooden spoon

☐ grill

Directions

- ☐ Add the mint leaves, blackberries, and agave syrup to a cocktail shaker. Using a muddler or the handle of a wooden spoon, muddle the ingredients until the mint is fragrant.
- ☐ Add the ice cubes, rum, and lime juice. Cover and shake vigorously to chill.
- ☐ Fill 2 rocks or highball glasses with crushed ice and strain the liquid into the glasses. Top with club soda and garnish each with a slice of lime.
- ☐ Reprinted with permission from Bobby Flay's Barbecue
- ☐ Addiction by Bobby Flay with Stephanie Banyas and Sally Jackson, © 2013 Clarkson Potter
- ☐ Bobby Flay, a New York Times bestselling author, is the chef-owner of six fine-dining restaurants, including Mesa Grill, Bar Americain, and Bobby Flay Steak, and numerous Bobby's Burger Palaces. He is the host of many popular cooking shows on Food Network, from the Emmy-winning Bobby Flay's Barbecue
- ☐ Addiction, Grill It! with Bobby Flay, and Boy Meets Grill, to the Iron Chef America series, Throwdown! with Bobby Flay, and Food Network Star.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:1.67, Inflammation Score:-5, Nutrition Score:4.6443478335505%

Flavonoids

Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epigallocatechin 3-gallate: 0.24mg,

Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg
Eriodictyol: 1.9mg, Eriodictyol: 1.9mg, Eriodictyol: 1.9mg, Eriodictyol: 1.9mg Hesperetin: 4.62mg, Hesperetin: 4.62mg,
Hesperetin: 4.62mg, Hesperetin: 4.62mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin:
0.23mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.51mg, Luteolin:
0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol:
0.1mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.46mg, Quercetin:
1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 198.04kcal (9.9%), Fat: 0.29g (0.45%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 14.99g (5%), Net
Carbohydrates: 12.52g (4.55%), Sugar: 9.47g (10.52%), Cholesterol: 0mg (0%), Sodium: 6.36mg (0.28%), Alcohol:
20.04g (100%), Alcohol %: 12.56% (100%), Protein: 0.81g (1.62%), Vitamin C: 20.71mg (25.1%), Manganese: 0.3mg
(14.83%), Fiber: 2.47g (9.87%), Vitamin K: 9.69µg (9.23%), Copper: 0.11mg (5.29%), Vitamin A: 263.83IU (5.28%),
Folate: 20.01µg (5%), Vitamin E: 0.6mg (3.99%), Potassium: 121.68mg (3.48%), Magnesium: 13.72mg (3.43%), Iron:
0.51mg (2.82%), Calcium: 27.42mg (2.74%), Vitamin B6: 0.05mg (2.71%), Vitamin B2: 0.05mg (2.64%), Vitamin B1:
0.04mg (2.37%), Vitamin B3: 0.43mg (2.15%), Zinc: 0.29mg (1.97%), Phosphorus: 18.21mg (1.82%), Vitamin B5:
0.16mg (1.58%)