



Blackberry Pineapple Mojito



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



427 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 blackberries
- ☐ 6 mint leaves fresh for garnish plus a sprig
- ☐ 0.3 cup rum dark light
- ☐ 1 tablespoon juice of lime fresh for garnish plus a wedge
- ☐ 3 small chunks pineapple fresh
- ☐ 0.3 cup seltzer water
- ☐ 2 teaspoons sugar

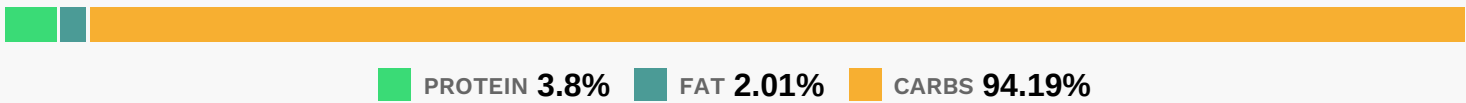
Equipment

- ☐ bowl
- ☐ wooden spoon
- ☐ microwave

Directions

- ☐ For simple syrup: Put sugar and 2 tsp. water in a glass bowl and microwave on full power for 10 to 15 seconds, or until sugar is dissolved.
- ☐ Drop blackberries, pineapple, and mint leaves into a sturdy glass and crush to a pulp with the end of a wooden spoon.
- ☐ Add the simple syrup, lime juice, and rum.
- ☐ Pour the contents into an old-fashioned glass and then back into first glass; repeat until thoroughly mixed, then pour back into old-fashioned glass.
- ☐ Add ice cubes and seltzer; stir.
- ☐ Garnish with sprig of mint and lime wedge.

Nutrition Facts



Properties

Glycemic Index:168.76, Glycemic Load:39.63, Inflammation Score:-9, Nutrition Score:19.873912964178%

Flavonoids

Cyanidin: 6mg, Cyanidin: 6mg, Cyanidin: 6mg, Cyanidin: 6mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.22mg, Catechin: 2.22mg, Catechin: 2.22mg, Catechin: 2.22mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 2.18mg, Eriodictyol: 2.18mg, Eriodictyol: 2.18mg, Eriodictyol: 2.18mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 427.43kcal (21.37%), Fat: 0.72g (1.1%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 75.55g (25.18%), Net Carbohydrates: 67.76g (24.64%), Sugar: 57.29g (63.65%), Cholesterol: 0mg (0%), Sodium: 20.27mg (0.88%), Alcohol: 20.04g (100%), Alcohol %: 3.91% (100%), Protein: 3.04g (6.09%), Vitamin C: 244.28mg (296.09%), Manganese: 4.71mg (235.62%), Fiber: 7.79g (31.15%), Copper: 0.59mg (29.74%), Vitamin B6: 0.57mg (28.51%), Vitamin B1: 0.4mg (26.97%), Folate: 98.94µg (24.74%), Potassium: 603.5mg (17.24%), Magnesium: 67.19mg (16.8%), Vitamin B3: 2.65mg (13.23%), Vitamin A: 562.32IU (11.25%), Vitamin B5: 1.11mg (11.1%), Vitamin B2: 0.18mg (10.71%), Iron: 1.82mg (10.14%), Calcium: 85.81mg (8.58%), Zinc: 0.79mg (5.26%), Phosphorus: 49.8mg (4.98%), Vitamin K: 4.74µg (4.52%), Vitamin E: 0.2mg (1.35%)