



Blended Cherry Mojitos



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



2 min.

SERVINGS



6

CALORIES



413 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 pound cherries frozen pitted
- ☐ 0.5 cup mint leaves fresh packed
- ☐ 2 cups ice cubes crushed
- ☐ 0.3 cup juice of lime fresh
- ☐ 6 servings lime wedges and cherries fresh for garnish
- ☐ 3 lime zest
- ☐ 1 cup citrus rum flavored
- ☐ 2 cups sugar

☐ 1 cup water

Equipment

☐ frying pan

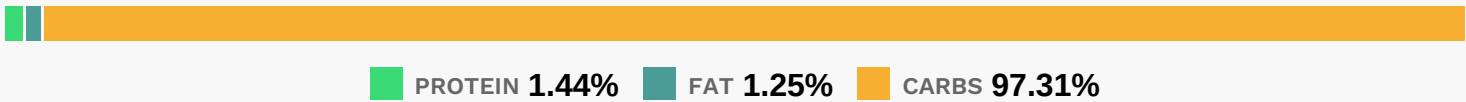
☐ sauce pan

☐ blender

Directions

- ☐ Put the frozen cherries, crushed ice, mint leaves, lime juice, rum, and simple syrup in a blender. Blend until smooth.
- ☐ Pour the mixture into chilled glasses and top with crushed ice.
- ☐ Garnish with lime wedges and cherries.
- ☐ In a small saucepan, over medium heat, combine the sugar, water, and lime zest. Bring to a boil, then reduce the heat and simmer for 5 minutes, stirring occasionally, until the sugar has dissolved.
- ☐ Remove the pan from the heat and allow the syrup to cool for 20 minutes. Strain before using.

Nutrition Facts



Properties

Glycemic Index:28.52, Glycemic Load:49.7, Inflammation Score:-4, Nutrition Score:4.1169565268185%

Flavonoids

Cyanidin: 22.84mg, Cyanidin: 22.84mg, Cyanidin: 22.84mg, Cyanidin: 22.84mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg Catechin: 3.3mg, Catechin: 3.3mg, Catechin: 3.3mg, Catechin: 3.3mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 3.78mg, Epicatechin: 3.78mg, Epicatechin: 3.78mg, Epicatechin: 3.78mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Eriodictyol: 1.45mg, Eriodictyol: 1.45mg, Eriodictyol: 1.45mg, Eriodictyol: 1.45mg Hesperetin: 16.42mg, Hesperetin: 16.42mg, Hesperetin: 16.42mg, Hesperetin: 16.42mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.18mg,

Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 413.03kcal (20.65%), Fat: 0.48g (0.74%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 83.81g (27.94%), Net Carbohydrates: 80.9g (29.42%), Sugar: 77.02g (85.58%), Cholesterol: 0mg (0%), Sodium: 9.1mg (0.4%), Alcohol: 13.36g (100%), Alcohol %: 4.81% (100%), Protein: 1.24g (2.48%), Vitamin C: 20.56mg (24.92%), Fiber: 2.91g (11.63%), Potassium: 242.22mg (6.92%), Copper: 0.12mg (5.79%), Manganese: 0.11mg (5.6%), Vitamin A: 231.66IU (4.63%), Iron: 0.73mg (4.06%), Magnesium: 15.64mg (3.91%), Calcium: 36.42mg (3.64%), Vitamin B2: 0.06mg (3.42%), Vitamin B6: 0.06mg (3.11%), Folate: 11.4µg (2.85%), Phosphorus: 28.31mg (2.83%), Vitamin B1: 0.04mg (2.64%), Vitamin B5: 0.25mg (2.55%), Vitamin K: 1.88µg (1.79%), Vitamin B3: 0.27mg (1.37%), Zinc: 0.18mg (1.18%), Vitamin E: 0.16mg (1.06%)