



Blended Golden Mojito



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



253 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup agave nectar light
- ☐ 4 cups ice cubes
- ☐ 0.5 cup juice of lime fresh generous ()
- ☐ 1 lime wedges
- ☐ 12 mint leaves plus 4 mint sprigs fresh for garnish
- ☐ 1 cup gold rum dark (not) (such as Mount Gay)
- ☐ 4 servings sugar (for coating rims of glasses)

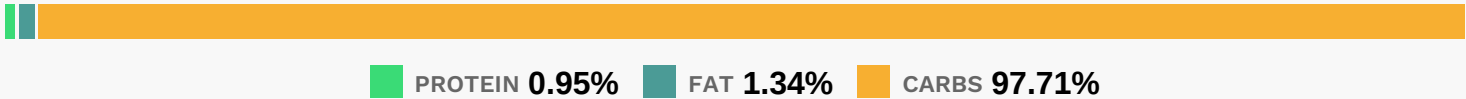
Equipment

☐ blender

Directions

- ☐ Place enough sugar on small plate to reach depth of 1/4 inch. Run lime wedge around rim of 4 Martini glasses to moisten. Dip rims into sugar on plate. Blend rum, lime juice, and 1/3 cup sugar in blender until sugar dissolves.
- ☐ Add 4 cups ice; blend until slushy and almost smooth, adding up to 1 cup more ice, if desired.
- ☐ Add 12 mint leaves and blend until small green flecks appear.
- ☐ Pour into prepared glasses.
- ☐ Garnish with mint sprigs.

Nutrition Facts



Properties

Glycemic Index:33.02, Glycemic Load:10.58, Inflammation Score:-4, Nutrition Score:2.4921739386476%

Flavonoids

Eriodictyol: 1.59mg, Eriodictyol: 1.59mg, Eriodictyol: 1.59mg, Eriodictyol: 1.59mg Hesperetin: 4.95mg, Hesperetin: 4.95mg, Hesperetin: 4.95mg, Hesperetin: 4.95mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 252.65kcal (12.63%), Fat: 0.18g (0.28%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 29.42g (9.81%), Net Carbohydrates: 28.9g (10.51%), Sugar: 25.03g (27.81%), Cholesterol: 0mg (0%), Sodium: 14.91mg (0.65%), Alcohol: 20.04g (100%), Alcohol %: 6.97% (100%), Protein: 0.29g (0.58%), Vitamin C: 14.46mg (17.52%), Vitamin K: 4.33µg (4.13%), Copper: 0.07mg (3.7%), Folate: 12.31µg (3.08%), Vitamin B6: 0.06mg (3.04%), Vitamin A: 144.82IU (2.9%), Vitamin B2: 0.05mg (2.84%), Manganese: 0.05mg (2.66%), Vitamin B1: 0.04mg (2.49%), Fiber: 0.52g (2.09%), Calcium: 20.41mg (2.04%), Magnesium: 7.64mg (1.91%), Vitamin E: 0.26mg (1.71%), Potassium: 59.23mg (1.69%), Iron: 0.25mg (1.41%), Vitamin B3: 0.24mg (1.19%)