



Blood Orange-Cinnamon Mojito



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



1

CALORIES



985 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 ounce blood orange juice for garnish
- ☐ 3 cinnamon sticks
- ☐ 8 mint leaves fresh for garnish
- ☐ 2 cups ice cubes
- ☐ 3 lime wedges
- ☐ 1 cup sugar raw such as sugar in the
- ☐ 1.5 ounces rum white
- ☐ 2 ounces sparkling wine such as prosecco or cava chilled

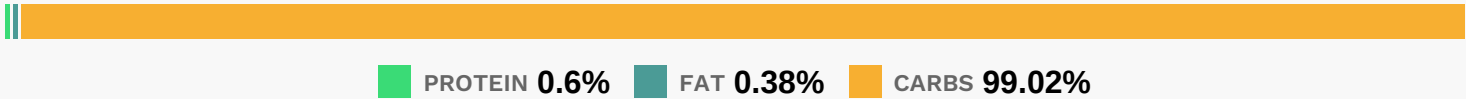
Equipment

- ☐ sauce pan

Directions

- ☐ Combine the sugar and 1 cup water in a small saucepan. Bring to a simmer and stir until the sugar is completely dissolved.
- ☐ Add the cinnamon sticks and continue to simmer until the flavors are infused, 15 to 20 minutes. Cool, then strain and discard the cinnamon sticks. Refrigerate in an airtight container for up to 2 weeks.
- ☐ Add the mint, lime wedges and 1 ounce cinnamon syrup to a cocktail shaker and muddle. Fill with the ice, and add the rum and orange juice and shake briefly.
- ☐ Pour directly into a highball glass. Top off with the sparkling wine and stir briefly.
- ☐ Garnish with a mint sprig and blood orange slice.

Nutrition Facts



Properties

Glycemic Index:104, Glycemic Load:2.98, Inflammation Score:-6, Nutrition Score:12.059130347293%

Flavonoids

Eriodictyol: 2.52mg, Eriodictyol: 2.52mg, Eriodictyol: 2.52mg, Eriodictyol: 2.52mg Hesperetin: 27.42mg, Hesperetin: 27.42mg, Hesperetin: 27.42mg, Hesperetin: 27.42mg Naringenin: 2.44mg, Naringenin: 2.44mg, Naringenin: 2.44mg, Naringenin: 2.44mg Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 984.51kcal (49.23%), Fat: 0.37g (0.57%), Saturated Fat: 0.07g (0.47%), Carbohydrates: 218.53g (72.84%), Net Carbohydrates: 210.75g (76.64%), Sugar: 202.55g (225.06%), Cholesterol: 0mg (0%), Sodium: 38.95mg (1.69%), Alcohol: 17.83g (100%), Alcohol %: 2.59% (100%), Protein: 1.34g (2.67%), Manganese: 2.04mg (101.8%), Vitamin C: 32.83mg (39.8%), Fiber: 7.78g (31.14%), Calcium: 188.89mg (18.89%), Iron: 2.64mg (14.69%), Copper: 0.22mg (10.92%), Vitamin A: 454.51IU (9.09%), Potassium: 311.3mg (8.89%), Magnesium: 33.46mg (8.37%), Folate: 23.14µg (5.79%), Phosphorus: 39.31mg (3.93%), Vitamin B6: 0.07mg (3.66%), Vitamin B1: 0.05mg (3.54%), Zinc:

0.52mg (3.49%), Vitamin K: 3.63µg (3.46%), Vitamin B2: 0.05mg (3.07%), Vitamin B3: 0.56mg (2.8%), Vitamin E: 0.37mg (2.49%), Vitamin B5: 0.24mg (2.36%)