

Captain's Mojito

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



203 kcal

BEVERAGE

DRINK

Ingredients

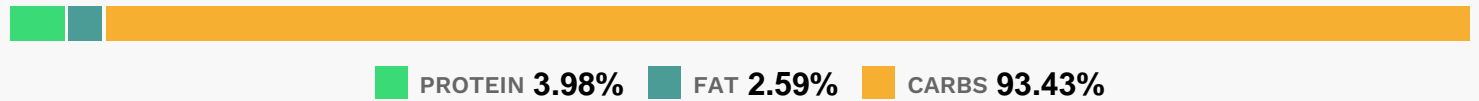
- 2 fluid ounces 1/4 cup dried cranberry (juice sweetened if possible)
- 1 cup ice cubes crushed
- 0.5 teaspoon juice of lime
- 3 wedges lime
- 5 mint leaves
- 1 teaspoon simple syrup glaze
- 2 fluid ounces soda water
- 2 fluid ounces spiced rum (such as Captain Morgan's®)

Equipment

Directions

- Place the mint leaves, lime wedges, and ice into a cocktail shaker; mash well with a cocktail muddler.
- Pour in the simple syrup, lime juice, rum, cranberry juice, and soda water. Cover, and shake until the outside of the shaker has frosted. Strain into a chilled glass to serve.

Nutrition Facts



Properties

Glycemic Index:103, Glycemic Load:5.34, Inflammation Score:-5, Nutrition Score:4.2426086703072%

Flavonoids

Eriodictyol: 1.6mg, Eriodictyol: 1.6mg, Eriodictyol: 1.6mg, Eriodictyol: 1.6mg Hesperetin: 23.95mg, Hesperetin: 23.95mg, Hesperetin: 23.95mg, Hesperetin: 23.95mg Naringenin: 1.85mg, Naringenin: 1.85mg, Naringenin: 1.85mg, Naringenin: 1.85mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 202.97kcal (10.15%), Fat: 0.23g (0.36%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 18.96g (6.32%), Net Carbohydrates: 16.98g (6.17%), Sugar: 13.23g (14.71%), Cholesterol: 0mg (0%), Sodium: 32.76mg (1.42%), Alcohol: 19.75g (100%), Alcohol %: 5.19% (100%), Protein: 0.81g (1.61%), Vitamin C: 23.55mg (28.55%), Fiber: 1.98g (7.92%), Copper: 0.14mg (7%), Iron: 1.01mg (5.61%), Vitamin E: 0.83mg (5.56%), Vitamin A: 267.26IU (5.35%), Calcium: 46.02mg (4.6%), Potassium: 138.77mg (3.96%), Manganese: 0.07mg (3.74%), Magnesium: 14.65mg (3.66%), Vitamin K: 3.36µg (3.2%), Vitamin B6: 0.06mg (3.1%), Folate: 10.86µg (2.72%), Vitamin B1: 0.04mg (2.59%), Vitamin B2: 0.04mg (2.45%), Phosphorus: 24.33mg (2.43%), Zinc: 0.3mg (1.97%), Vitamin B5: 0.14mg (1.37%), Vitamin B3: 0.27mg (1.33%)