



Cherry Lime Mojito

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



184 kcal

BEVERAGE

DRINK

Ingredients



- 4 cherries pitted quartered
- 6 mint leaves
- 0.3 lime cut into wedges
- 1.5 teaspoons little demerara sugar
- 2 ounces rum white
- 1 cup seltzer water flavored (I used Lime San Pellegrino)

Equipment

Directions

- Place cherries, mint, sugar and lime in a tall glass.
- Muddle ingredients together at the bottom of the glass.
- Add a few ice cubes and pour in the rum.
- Fill the glass the rest of the way with carbonated water and serve.

Nutrition Facts

 **PROTEIN 4.61%**  **FAT 2.34%**  **CARBS 93.05%**

Properties

Glycemic Index:69, Glycemic Load:1.39, Inflammation Score:-5, Nutrition Score:2.6430434782609%

Flavonoids

Cyanidin: 9.67mg, Cyanidin: 9.67mg, Cyanidin: 9.67mg, Cyanidin: 9.67mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.48mg, Peonidin: 0.48mg, Peonidin: 0.48mg, Peonidin: 0.48mg Catechin: 1.4mg, Catechin: 1.4mg, Catechin: 1.4mg, Catechin: 1.4mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Eriodictyol: 1.86mg, Eriodictyol: 1.86mg, Eriodictyol: 1.86mg, Eriodictyol: 1.86mg Hesperetin: 7.81mg, Hesperetin: 7.81mg, Hesperetin: 7.81mg, Hesperetin: 7.81mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Taste

Sweetness: 76.15%, Saltiness: 62.75%, Sourness: 51.7%, Bitterness: 100%, Savoriness: 15.66%, Fattiness: 9.94%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 184.3kcal (9.21%), Fat: 0.15g (0.24%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 13.76g (4.59%), Net Carbohydrates: 12.14g (4.41%), Sugar: 10.33g (11.48%), Cholesterol: 0mg (0%), Sodium: 52.63mg (2.29%), Alcohol: 18.94g (105.21%), Protein: 0.68g (1.36%), Vitamin C: 9.02mg (10.94%), Fiber: 1.62g (6.48%), Vitamin A: 283.74IU (5.67%), Manganese: 0.11mg (5.48%), Copper: 0.08mg (3.82%), Potassium: 129.87mg (3.71%), Calcium: 36.82mg (3.68%), Iron: 0.59mg (3.27%), Magnesium: 11.81mg (2.95%), Zinc: 0.37mg (2.46%), Folate: 9.46µg (2.37%), Vitamin

B2: 0.03mg (1.89%), Phosphorus: 16.44mg (1.64%), Vitamin B6: 0.03mg (1.56%), Vitamin B1: 0.02mg (1.47%), Vitamin B5: 0.12mg (1.2%)