



Classic Mojito



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



247 kcal

BEVERAGE

DRINK

Ingredients



0.3 cup club soda chilled



15 mint leaves fresh



0.5 cup ice cubes



1.5 tablespoons juice of lime fresh



0.3 cup rum white



2 tablespoons sugar

Equipment

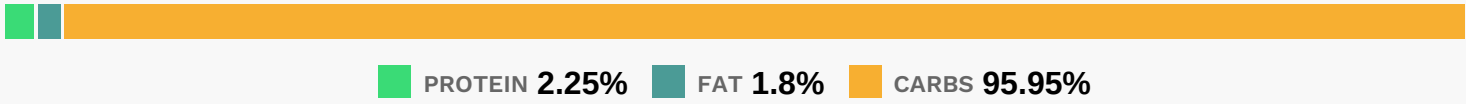


wooden spoon

Directions

- ☐ Place sugar and mint in a 2-cup glass measure; crush with a wooden spoon.
- ☐ Add rum and juice; stir until sugar dissolves. Just before serving, stir in club soda.
- ☐ Place ice in an 8-ounce glass; pour mint mixture over ice.

Nutrition Facts



Properties

Glycemic Index:85.09, Glycemic Load:16.75, Inflammation Score:-6, Nutrition Score:3.4717391658088%

Flavonoids

Eriodictyol: 5.13mg, Eriodictyol: 5.13mg, Eriodictyol: 5.13mg, Eriodictyol: 5.13mg Hesperetin: 3.54mg, Hesperetin: 3.54mg, Hesperetin: 3.54mg, Hesperetin: 3.54mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg Luteolin: 1.9mg, Luteolin: 1.9mg, Luteolin: 1.9mg, Luteolin: 1.9mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 247.13kcal (12.36%), Fat: 0.23g (0.36%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 28.03g (9.34%), Net Carbohydrates: 26.74g (9.72%), Sugar: 24.33g (27.04%), Cholesterol: 0mg (0%), Sodium: 24.28mg (1.06%), Alcohol: 20.04g (100%), Alcohol %: 8.5% (100%), Protein: 0.66g (1.31%), Vitamin C: 11.52mg (13.96%), Vitamin A: 648.45IU (12.97%), Manganese: 0.19mg (9.64%), Fiber: 1.29g (5.16%), Folate: 19.35µg (4.84%), Calcium: 46.35mg (4.63%), Copper: 0.09mg (4.61%), Iron: 0.82mg (4.58%), Magnesium: 15.57mg (3.89%), Potassium: 114.54mg (3.27%), Vitamin B2: 0.05mg (2.96%), Zinc: 0.28mg (1.88%), Phosphorus: 16.5mg (1.65%), Vitamin B3: 0.3mg (1.48%), Vitamin B1: 0.02mg (1.43%), Vitamin B6: 0.03mg (1.42%)