



Coojito

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



112 kcal

BEVERAGE

DRINK

Ingredients

- 1 serving club soda
- 30 ml full fat coconut cream (recommended: Coco Lopez)
- 60 ml malibu coconut rum (recommended: Bacardi)
- 5 mint leaves fresh
- 1 serving splash lime juice sweetened (recommended: Rose's)
- 1 serving mint sprig for garnish

Equipment

Directions

- Add ingredients, except club soda, to a cocktail shaker with ice cubes. Shake several times and pour into a chilled high-ball glass. Top with club soda and serve with a sprig of mint to garnish.

Nutrition Facts

PROTEIN 4.72% **FAT 77.62%** **CARBS 17.66%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:3.9965217278703%

Flavonoids

Eriodictyol: 2.51mg, Eriodictyol: 2.51mg, Eriodictyol: 2.51mg, Eriodictyol: 2.51mg Hesperetin: 3.3mg, Hesperetin: 3.3mg, Hesperetin: 3.3mg, Hesperetin: 3.3mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 112.13kcal (5.61%), Fat: 10.63g (16.36%), Saturated Fat: 9.38g (58.6%), Carbohydrates: 5.44g (1.81%), Net Carbohydrates: 4.17g (1.52%), Sugar: 0.51g (0.56%), Cholesterol: 0mg (0%), Sodium: 3.89mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.91%), Manganese: 0.47mg (23.64%), Vitamin C: 11.76mg (14.25%), Copper: 0.14mg (7.15%), Iron: 1.03mg (5.7%), Vitamin A: 269.88IU (5.4%), Fiber: 1.27g (5.08%), Potassium: 168.17mg (4.8%), Phosphorus: 45.71mg (4.57%), Folate: 16.84µg (4.21%), Magnesium: 15.73mg (3.93%), Zinc: 0.38mg (2.56%), Calcium: 22.18mg (2.22%), Vitamin B3: 0.42mg (2.08%), Vitamin B6: 0.03mg (1.67%), Vitamin B1: 0.02mg (1.44%), Vitamin B5: 0.14mg (1.37%), Vitamin B2: 0.02mg (1.2%)