



Cranberry Mojito



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



116 kcal

BEVERAGE

DRINK

Ingredients

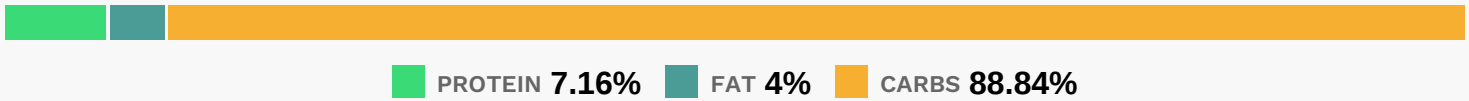
- ☐ 1 tablespoon cranberries
- ☐ 1 serving ice cubes
- ☐ 1 serving lemon lime soda soft
- ☐ 1.5 teaspoons juice of lime fresh
- ☐ 1 sprig mint leaves fresh
- ☐ 3 mint leaves
- ☐ 3 tablespoons rum

Equipment

Directions

- ☐ Muddle mint leaves, Cranberry Reduction, and fresh lime juice against sides of a cocktail shaker; add ice cubes and rum. Cover with lid, and shake vigorously until thoroughly chilled (about 30 seconds). Strain into a 10-oz. glass filled with ice cubes. Top with lemon-lime soft drink.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:0.56, Inflammation Score:-4, Nutrition Score:1.5399999967574%

Flavonoids

Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg Delphinidin: 1.13mg, Delphinidin: 1.13mg, Delphinidin: 1.13mg, Delphinidin: 1.13mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 7.27mg, Peonidin: 7.27mg, Peonidin: 7.27mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 1.4mg, Eriodictyol: 1.4mg, Eriodictyol: 1.4mg, Eriodictyol: 1.4mg Hesperetin: 1.08mg, Hesperetin: 1.08mg, Hesperetin: 1.08mg, Hesperetin: 1.08mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 115.84kcal (5.79%), Fat: 0.06g (0.1%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 3.11g (1.04%), Net Carbohydrates: 2.22g (0.81%), Sugar: 0.86g (0.96%), Cholesterol: 0mg (0%), Sodium: 5.04mg (0.22%), Alcohol: 15.03g (100%), Alcohol %: 14.85% (100%), Protein: 0.25g (0.5%), Vitamin C: 5.59mg (6.78%), Manganese: 0.11mg (5.49%), Vitamin A: 182.54IU (3.65%), Fiber: 0.88g (3.53%), Copper: 0.04mg (2.09%), Iron: 0.26mg (1.46%), Vitamin E: 0.21mg (1.41%), Calcium: 13.65mg (1.37%), Folate: 5.46µg (1.36%), Magnesium: 5.26mg (1.31%), Potassium: 44.27mg (1.26%)