

Cuban Mojito

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN

ready

10 min.

SERVINGS

servings

2

CALORIES

calories

171 kcal

BEVERAGE

DRINK

Ingredients

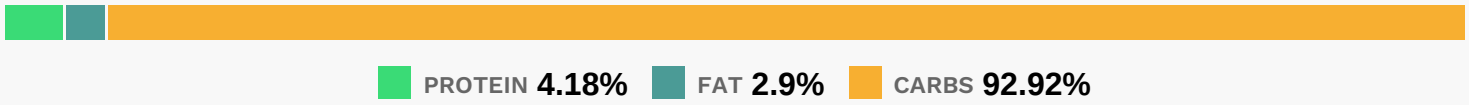
- ☐ 2 cups club soda
- ☐ 4 sprigs mint leaves fresh
- ☐ 2 cups ice cubes crushed
- ☐ 1 lime cut into 4 wedges
- ☐ 2 wedges lime
- ☐ 0.5 cup rum white
- ☐ 2 teaspoons sugar white

Equipment

Directions

- ☐
- Place 1 teaspoon of sugar into each of two 12 ounce glasses. Squeeze the juice from a lime wedge into each glass, drop in the wedge, and add 2 sprigs of mint. Use a spoon or muddler to mash the sugar, lime juice, and mint together in the bottom of the glasses. Fill each glass about half full with crushed ice.
- ☐
- Pour 1/4 cup rum into each glass. Fill the glasses with club soda, stir, and garnish with additional lime wedges.

Nutrition Facts



Properties

Glycemic Index:74.55, Glycemic Load:4.06, Inflammation Score:-4, Nutrition Score:2.5317391416301%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 22.35mg, Hesperetin: 22.35mg, Hesperetin: 22.35mg, Hesperetin: 22.35mg Naringenin: 1.75mg, Naringenin: 1.75mg, Naringenin: 1.75mg, Naringenin: 1.75mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 170.85kcal (8.54%), Fat: 0.13g (0.21%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 9.69g (3.23%), Net Carbohydrates: 8.09g (2.94%), Sugar: 4.86g (5.4%), Cholesterol: 0mg (0%), Sodium: 63.8mg (2.77%), Alcohol: 20.04g (100%), Alcohol %: 4.3% (100%), Protein: 0.44g (0.87%), Vitamin C: 15.62mg (18.94%), Fiber: 1.6g (6.41%), Copper: 0.1mg (5.25%), Calcium: 40.82mg (4.08%), Iron: 0.46mg (2.56%), Zinc: 0.36mg (2.42%), Magnesium: 9.42mg (2.36%), Vitamin A: 110.71IU (2.21%), Manganese: 0.04mg (2.05%), Potassium: 69.92mg (2%), Folate: 6.4µg (1.6%), Vitamin B1: 0.02mg (1.38%), Phosphorus: 13.13mg (1.31%), Vitamin B6: 0.03mg (1.27%), Vitamin B5: 0.12mg (1.19%), Vitamin B2: 0.02mg (1.1%)