

Cucumber Mojitos



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



169 kcal

BEVERAGE

DRINK

Ingredients



1 cup cucumber coarsely chopped



4 slices cucumber



1 cup ice cubes crushed



0.3 cup juice of lime fresh (2 large)



4 lime wedges



4 mint sprigs



12 mint leaves



0.8 cup rum

- ☐ 1 cup seltzer water chilled
- ☐ 0.3 cup sugar
- ☐ 2 cups water cold

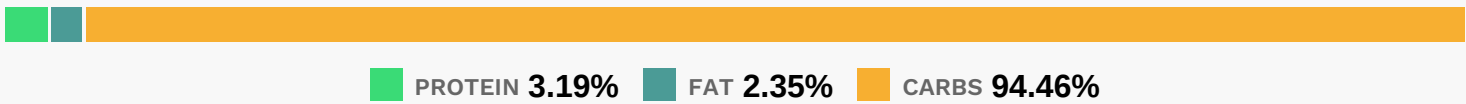
Equipment

- ☐ bowl
- ☐ sieve
- ☐ blender
- ☐ wooden spoon

Directions

- ☐ Place 2 cups water and chopped cucumber in a blender; process until smooth. Strain cucumber mixture through a sieve into a medium bowl; discard solids.
- ☐ Place 1 tablespoon sugar, 1 tablespoon lime juice, and 4 mint leaves in a 2-cup glass measure; crush with a wooden spoon.
- ☐ Add 3 tablespoons rum and about 1/2 cup cucumber mixture; stir until sugar dissolves. Stir in 1/4 cup sparkling water.
- ☐ Place 1/4 cup ice in a 12-ounce glass; pour cucumber mixture over ice.
- ☐ Garnish with 1 mint sprig, 1 cucumber slice, and 1 lime wedge. Repeat procedure with remaining ingredients.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:36.77, Glycemic Load:9.26, Inflammation Score:-4, Nutrition Score:2.78782605477%

Flavonoids

Eriodictyol: 1.57mg, Eriodictyol: 1.57mg, Eriodictyol: 1.57mg, Eriodictyol: 1.57mg Hesperetin: 9.5mg, Hesperetin: 9.5mg, Hesperetin: 9.5mg, Hesperetin: 9.5mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.51mg,

Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 168.89kcal (8.44%), Fat: 0.19g (0.29%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 17.08g (5.69%), Net Carbohydrates: 15.91g (5.79%), Sugar: 13.59g (15.1%), Cholesterol: 0mg (0%), Sodium: 24.58mg (1.07%), Alcohol: 15.03g (100%), Alcohol %: 5.13% (100%), Protein: 0.58g (1.15%), Vitamin C: 12.34mg (14.95%), Copper: 0.1mg (4.99%), Fiber: 1.17g (4.66%), Manganese: 0.09mg (4.49%), Vitamin A: 215.46IU (4.31%), Potassium: 115.89mg (3.31%), Folate: 13.15µg (3.29%), Calcium: 31.82mg (3.18%), Magnesium: 12.69mg (3.17%), Vitamin K: 3.1µg (2.95%), Iron: 0.44mg (2.46%), Vitamin B6: 0.04mg (1.98%), Phosphorus: 18.53mg (1.85%), Vitamin B1: 0.03mg (1.84%), Vitamin B2: 0.03mg (1.81%), Vitamin B5: 0.17mg (1.68%), Zinc: 0.24mg (1.61%)