



Drinking in Season: Cranberry Mojito

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



1052 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 ounce cinnamon
- ☐ 2 cinnamon sticks
- ☐ 8 cranberries
- ☐ 2.5 ounces rum dark
- ☐ 1 serving ice cubes
- ☐ 2 lime wedges
- ☐ 1 serving mint leaves
- ☐ 8 mint leaves

- ☐ 4 inches orange zest
- ☐ 1 serving seltzer water to taste
- ☐ 1 cup sugar
- ☐ 1 cup water

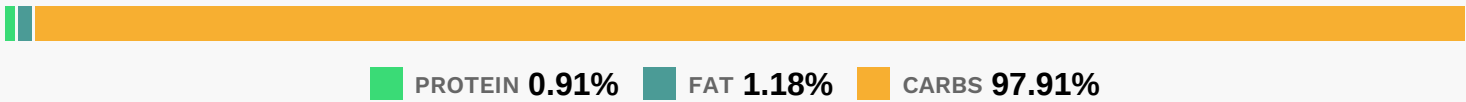
Equipment

- ☐ sauce pan

Directions

- ☐ To make the cinnamon syrup: Dissolve sugar in water in a small saucepan over medium-high heat.
- ☐ Add cinnamon sticks and orange zest. Reduce heat to low, simmer for 10 minutes.
- ☐ Let cool, then strain.
- ☐ In a cocktail shaker, muddle cranberries lightly to break up, then add mint and lime and muddle another 10 strokes.
- ☐ Add cinnamon syrup and rum and fill the shaker with ice. Shake vigorously.
- ☐ Pour the cocktail unstrained into a glass, top with soda and garnish with a mint sprig.

Nutrition Facts



Properties

Glycemic Index:172.09, Glycemic Load:141.3, Inflammation Score:-7, Nutrition Score:16.724782674209%

Flavonoids

Cyanidin: 3.71mg, Cyanidin: 3.71mg, Cyanidin: 3.71mg, Cyanidin: 3.71mg Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 3.93mg, Peonidin: 3.93mg, Peonidin: 3.93mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 2.78mg, Eriodictyol: 2.78mg, Eriodictyol: 2.78mg, Eriodictyol: 2.78mg

2.78mg Hesperetin: 16.39mg, Hesperetin: 16.39mg, Hesperetin: 16.39mg, Hesperetin: 16.39mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 1051.67kcal (52.58%), Fat: 1.27g (1.95%), Saturated Fat: 0.16g (0.97%), Carbohydrates: 236.31g (78.77%), Net Carbohydrates: 214.44g (77.98%), Sugar: 201.32g (223.69%), Cholesterol: 0mg (0%), Sodium: 25.06mg (1.09%), Alcohol: 23.67g (100%), Alcohol %: 4.53% (100%), Protein: 2.19g (4.38%), Manganese: 6.33mg (316.62%), Fiber: 21.86g (87.45%), Calcium: 415.78mg (41.58%), Vitamin C: 29.62mg (35.9%), Iron: 3.84mg (21.35%), Copper: 0.26mg (13.12%), Vitamin K: 11.65µg (11.09%), Vitamin A: 552.07IU (11.04%), Magnesium: 36.22mg (9.06%), Potassium: 273.66mg (7.82%), Vitamin E: 1.03mg (6.87%), Zinc: 0.9mg (5.98%), Vitamin B2: 0.1mg (5.72%), Vitamin B6: 0.11mg (5.3%), Folate: 18.39µg (4.6%), Phosphorus: 41.52mg (4.15%), Vitamin B3: 0.81mg (4.03%), Selenium: 2.55µg (3.64%), Vitamin B5: 0.31mg (3.08%), Vitamin B1: 0.04mg (2.89%)