



## Easy Mock Mojito

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



10 kcal

SIDE DISH

### Ingredients

- 8 mint leaves fresh
- 1 cup diet carbonated lemon-lime soda cold
- 0.3 tsp rum extract
- 1 cup seltzer cold
- 6 cups water cold

### Equipment

## Directions

- Place mint and drink mix in 3-qt. glass or plastic pitcher. Use back of spoon to crush mint to release its flavor.
- Add remaining ingredients; stir until drink mix is dissolved.
- Serve over ice.

## Nutrition Facts

 **PROTEIN 1.94%**  **FAT 0.64%**  **CARBS 97.42%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.25521739434613%

## Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg

## Nutrients (% of daily need)

Calories: 10.24kcal (0.51%), Fat: 0.01g (0.01%), Saturated Fat: 0g (0.01%), Carbohydrates: 2.58g (0.86%), Net Carbohydrates: 2.51g (0.91%), Sugar: 2.4g (2.67%), Cholesterol: 0mg (0%), Sodium: 14.67mg (0.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.54mg (1.18%), Protein: 0.05g (0.1%), Copper: 0.03mg (1.34%)