

Easy Mojito

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



3

CALORIES



69 kcal

BEVERAGE

DRINK

Ingredients

- 6 mint leaves fresh
- 3 servings ice cubes
- 0.5 cup diet carbonated lemon-lime beverage
- 0.1 oz pkt. crystal on the go lemonade flavor drink mix light chilled
- 0.3 cup rum
- 2 cups water

Equipment

Directions

- Place 2 mint leaves in each of 3 tall glasses. Use back of spoon to crush mint to release its flavor. Fill glasses with ice.
- Mix remaining ingredients in plastic or glass pitcher until drink mix is dissolved.
- Pour into glasses.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:0.60043478546583%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg

Nutrients (% of daily need)

Calories: 68.73kcal (3.44%), Fat: 0.03g (0.05%), Saturated Fat: 0g (0.03%), Carbohydrates: 5.68g (1.89%), Net Carbohydrates: 5.52g (2.01%), Sugar: 5.26g (5.85%), Cholesterol: 0mg (0%), Sodium: 16.11mg (0.7%), Alcohol: 6.68g (100%), Alcohol %: 3.06% (100%), Caffeine: 5.9mg (1.97%), Protein: 0.11g (0.22%), Copper: 0.05mg (2.28%), Magnesium: 7.4mg (1.85%), Vitamin A: 85.08IU (1.7%), Vitamin C: 1.16mg (1.41%), Manganese: 0.03mg (1.37%), Calcium: 12.32mg (1.23%)