



Easy Mojitos



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



171 kcal

BEVERAGE

DRINK

Ingredients

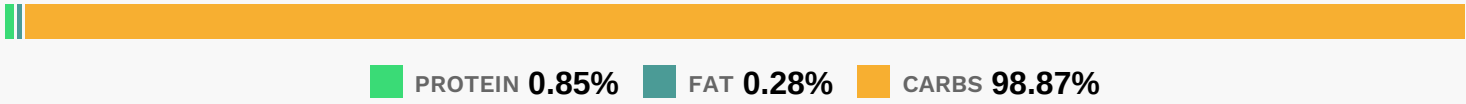
- ☐ 4.5 ounces diet lemon–lime soda diet sprite® (such as)
- ☐ 2 slices lime
- ☐ 12 leaves mint leaves
- ☐ 1.5 fluid ounce jigger rum bacardi® (such as)
- ☐ 1 teaspoon sugar white to taste

Equipment

Directions

- ☐
- Place mint leaves, lime slice, and sugar in bottom of a glass and muddle with a spoon until mint is crushed. Fill glass with ice cubes.
- ☐
- Pour rum and soda over the ice; stir.

Nutrition Facts



Properties

Glycemic Index:117.09, Glycemic Load:2.84, Inflammation Score:-2, Nutrition Score:0.28956521464431%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 171.18kcal (8.56%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.01%), Carbohydrates: 17.58g (5.86%), Net Carbohydrates: 17.47g (6.35%), Sugar: 17.03g (18.92%), Cholesterol: 0mg (0%), Sodium: 13.47mg (0.59%), Alcohol: 14.81g (100%), Alcohol %: 10.52% (100%), Caffeine: 19.14mg (6.38%), Protein: 0.15g (0.3%)