



Fresh Pineapple Mojito

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



351 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup seltzer water
- 8 mint leaves fresh
- 1 tablespoon juice of lime fresh
- 0.5 cup pineapple fresh finely chopped
- 6 tablespoons rum
- 2 tablespoons sugar

Equipment

- wooden spoon

mortar and pestle

Directions

Dissolve sugar in 2 tablespoons hot water in an old-fashioned glass.

Add pineapple, mint, and lime juice; muddle with a pestle or the back of a wooden spoon into a chunky pulp. Fill glass with crushed ice; add remaining ingredients. Stir until combined.

Nutrition Facts



PROTEIN 2.1% **FAT 1.53%** **CARBS 96.37%**

Properties

Glycemic Index:143.76, Glycemic Load:22.42, Inflammation Score:-6, Nutrition Score:7.4504348635674%

Flavonoids

Eriodictyol: 2.8mg, Eriodictyol: 2.8mg, Eriodictyol: 2.8mg, Eriodictyol: 2.8mg Hesperetin: 2.16mg, Hesperetin: 2.16mg, Hesperetin: 2.16mg, Hesperetin: 2.16mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 350.9kcal (17.55%), Fat: 0.26g (0.4%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 37.17g (12.39%), Net Carbohydrates: 35.31g (12.84%), Sugar: 32.33g (35.92%), Cholesterol: 0mg (0%), Sodium: 29.59mg (1.29%), Alcohol: 30.06g (100%), Alcohol %: 11.28% (100%), Protein: 0.81g (1.62%), Vitamin C: 46.48mg (56.34%), Manganese: 0.88mg (43.99%), Vitamin A: 395.19IU (7.9%), Copper: 0.15mg (7.44%), Fiber: 1.86g (7.42%), Folate: 25.47µg (6.37%), Vitamin B6: 0.11mg (5.47%), Vitamin B1: 0.08mg (5.39%), Magnesium: 18.68mg (4.67%), Potassium: 157.64mg (4.5%), Iron: 0.72mg (3.99%), Calcium: 38.42mg (3.84%), Vitamin B2: 0.06mg (3.42%), Vitamin B3: 0.58mg (2.91%), Zinc: 0.36mg (2.38%), Vitamin B5: 0.22mg (2.21%), Phosphorus: 18.14mg (1.81%)