



Gina's Brown Sugar Mojito



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



234 kcal

BEVERAGE

DRINK

Ingredients



1 bottle club soda chilled



2 tablespoons brown sugar dark



1 serving cocktail stirrer



1 serving ice cubes as needed



1 juice of lime juiced for garnish



2 ounces rum light



8 mint leaves for garnish

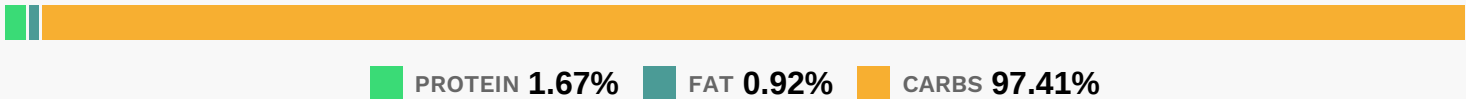
Equipment

☐ wooden spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Tear the mint leaves into a glass.
- ☐ Add in the brown sugar and lime juice and muddle the ingredients together with the tip of a wooden spoon.
- ☐ Add some ice and pour in the rum. Fill the rest of the glass with some club soda and garnish with a lime wedge, a mint sprig and a cocktail stirrer.

Nutrition Facts



Properties

Glycemic Index:102, Glycemic Load:0.52, Inflammation Score:-5, Nutrition Score:2.7586956464726%

Flavonoids

Eriodictyol: 2.47mg, Eriodictyol: 2.47mg, Eriodictyol: 2.47mg, Eriodictyol: 2.47mg Hesperetin: 8.55mg, Hesperetin: 8.55mg, Hesperetin: 8.55mg, Hesperetin: 8.55mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 233.74kcal (11.69%), Fat: 0.11g (0.17%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 26.77g (8.92%), Net Carbohydrates: 25.62g (9.32%), Sugar: 23.72g (26.36%), Cholesterol: 0mg (0%), Sodium: 87.54mg (3.81%), Alcohol: 18.94g (100%), Alcohol %: 4.63% (100%), Protein: 0.46g (0.92%), Vitamin C: 7.8mg (9.46%), Vitamin A: 350.92IU (7.02%), Calcium: 64.79mg (6.48%), Manganese: 0.13mg (6.31%), Fiber: 1.15g (4.62%), Copper: 0.09mg (4.61%), Iron: 0.75mg (4.14%), Magnesium: 13.8mg (3.45%), Zinc: 0.5mg (3.33%), Potassium: 104.92mg (3%), Folate: 10.83µg (2.71%), Vitamin B2: 0.03mg (1.61%), Vitamin B6: 0.03mg (1.45%), Phosphorus: 12.42mg (1.24%), Vitamin B3: 0.21mg (1.05%), Vitamin B1: 0.02mg (1.04%)