



Holiday Mojito

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



529 kcal

BEVERAGE

DRINK

Ingredients

- 1 serving club soda
- 1 serving marinated cranberries
- 1 ounce 1/4 cup dried cranberry (juice sweetened if possible)
- 3 mint leaves fresh
- 1 serving cracked ice
- 1 serving lime wedges
- 3 lime wedges
- 1 ounce mint syrup

- 3 orange wedges
- 1 ounce orange bitters
- 1 ounce orange juice fresh
- 1.5 ounces rum
- 1 serving caster sugar

Equipment

Directions

- Rub a lime wedge around rim of a glass, and dip in superfine sugar.
- Place 3 rounded teaspoonfuls of Marinated Cranberries in the glass; muddle until berries are crushed.
- Add 3 lime wedges, orange wedges, and mint leaves; muddle. Stir in rum, orange bitters, cranberry juice, fresh orange juice, and Mint Syrup.
- Add cracked ice, and top with club soda. Stir.
- *To make, cover fresh cranberries with orange-flavored rum for 2 days to 2 weeks.

Nutrition Facts



PROTEIN 5.79% **FAT 2.36%** **CARBS 91.85%**

Properties

Glycemic Index:344.59, Glycemic Load:28.9, Inflammation Score:-10, Nutrition Score:20.953478315602%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 9.74mg, Eriodictyol: 9.74mg, Eriodictyol: 9.74mg, Eriodictyol: 9.74mg Hesperetin: 137.32mg, Hesperetin: 137.32mg, Hesperetin: 137.32mg, Hesperetin: 137.32mg Naringenin: 62.68mg, Naringenin: 62.68mg, Naringenin: 62.68mg, Naringenin: 62.68mg Apigenin: 1.69mg, Apigenin: 1.69mg, Apigenin: 1.69mg, Apigenin: 1.69mg Luteolin: 4.72mg, Luteolin: 4.72mg, Luteolin: 4.72mg, Luteolin: 4.72mg Kaempferol: 0.51mg,

Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 528.79kcal (26.44%), Fat: 1.01g (1.55%), Saturated Fat: 0.16g (0.99%), Carbohydrates: 88.34g (29.45%), Net Carbohydrates: 74.74g (27.18%), Sugar: 59.19g (65.77%), Cholesterol: 0mg (0%), Sodium: 15.24mg (0.66%), Alcohol: 26.96g (100%), Alcohol %: 5.05% (100%), Protein: 5.57g (11.14%), Vitamin C: 252mg (305.46%), Fiber: 13.6g (54.4%), Vitamin A: 2313.53IU (46.27%), Folate: 166.84µg (41.71%), Potassium: 1026.25mg (29.32%), Vitamin B1: 0.41mg (27.66%), Calcium: 258.85mg (25.88%), Manganese: 0.49mg (24.35%), Magnesium: 73.13mg (18.28%), Copper: 0.36mg (18.16%), Vitamin B6: 0.33mg (16.35%), Vitamin B2: 0.27mg (15.85%), Iron: 2.47mg (13.71%), Vitamin B5: 1.26mg (12.65%), Phosphorus: 98.12mg (9.81%), Vitamin B3: 1.9mg (9.49%), Vitamin E: 1.19mg (7.95%), Zinc: 0.75mg (5.01%), Selenium: 2.31µg (3.31%), Vitamin K: 1.85µg (1.77%)