



Honey-Mint Spritzer



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



246 kcal

BEVERAGE

DRINK

Ingredients

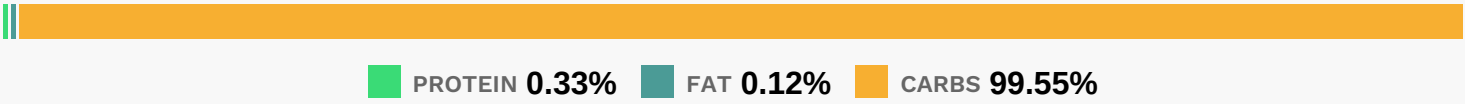
- ☐ 1 serving seltzer water
- ☐ 3 tablespoons rum light
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 leaves mint leaves fresh
- ☐ 2.5 tablespoons simple syrup glaze

Equipment

Directions

- ☐ Stir together first 3 ingredients in a glass filled with ice.
- ☐ Add a splash of soda.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:1.8030435112507%

Flavonoids

Eriodictyol: 0.67mg, Eriodictyol: 0.67mg, Eriodictyol: 0.67mg, Eriodictyol: 0.67mg Hesperetin: 2.7mg, Hesperetin: 2.7mg, Hesperetin: 2.7mg, Hesperetin: 2.7mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 245.99kcal (12.3%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.02%), Carbohydrates: 39.1g (13.03%), Net Carbohydrates: 38.98g (14.17%), Sugar: 37.11g (41.23%), Cholesterol: 0mg (0%), Sodium: 30.28mg (1.32%), Alcohol: 15.03g (100%), Alcohol %: 15.11% (100%), Protein: 0.13g (0.26%), Vitamin C: 9.02mg (10.93%), Iron: 1.85mg (10.26%), Vitamin B1: 0.08mg (5.02%), Vitamin B2: 0.04mg (2.14%), Potassium: 67.8mg (1.94%), Magnesium: 7.45mg (1.86%), Copper: 0.03mg (1.39%), Calcium: 10.87mg (1.09%)