



Hot Mojito

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



175 kcal

BEVERAGE

DRINK

Ingredients

- 8 servings cranberries fresh for garnish
- 16 fl. oz. rum light
- 8 teaspoons juice of lime
- 1.5 cups mint leaves fresh for mashing
- 16 teaspoons sugar

Equipment

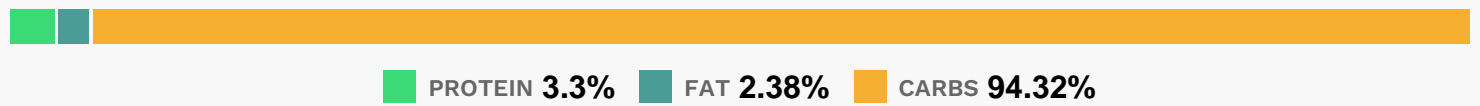
- sieve
- wooden spoon

teapot

Directions

- Into a large teapot or heatproof pitcher, pour 6 cups boiling water over mint leaves. Allow to steep 3 to 4 minutes.
- Meanwhile, in each of 8 mugs or Irish coffee glasses, use a wooden spoon to mash 3 fresh mint leaves with 2 tsp. sugar and 1 tsp. lime juice.
- Add 1/4 cup (2 oz.) light rum and 3/4 cup of the mint tea, poured through a strainer, to each. If you like, you can garnish with a few fresh cranberries for Christmas red and green.

Nutrition Facts



Properties

Glycemic Index:16.26, Glycemic Load:5.62, Inflammation Score:-5, Nutrition Score:1.7491304356119%

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: 2.72mg, Eriodictyol: 2.72mg, Eriodictyol: 2.72mg, Eriodictyol: 2.72mg Hesperetin: 1.31mg, Hesperetin: 1.31mg, Hesperetin: 1.31mg, Hesperetin: 1.31mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 175.03kcal (8.75%), Fat: 0.11g (0.17%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 9.77g (3.26%), Net Carbohydrates: 9.03g (3.29%), Sugar: 8.11g (9.01%), Cholesterol: 0mg (0%), Sodium: 3.41mg (0.15%), Alcohol: 19.75g (100%), Alcohol %: 30.69% (100%), Protein: 0.34g (0.68%), Vitamin A: 361.52IU (7.23%), Manganese: 0.11mg (5.73%), Vitamin C: 4.32mg (5.24%), Fiber: 0.73g (2.92%), Iron: 0.46mg (2.57%), Folate: 10.13µg (2.53%), Calcium: 21.36mg (2.14%), Copper: 0.04mg (2.13%), Magnesium: 7.21mg (1.8%), Vitamin B2: 0.03mg (1.6%), Potassium: 56mg (1.6%)