



Hot Mojito Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



90 kcal

BEVERAGE

DRINK

Ingredients

- 2 teaspoons firmly brown sugar packed
- 0.3 cup rum dark light (or)
- 1 tablespoon juice of lime
- 2 tablespoons lightly mint leaves fresh packed rinsed
- 1 tea bag black english (Breakfast, Earl Grey, or tea)

Equipment

- sieve
- teapot

Directions

- Rinse a small teapot with hot water, then drain.
- Add mint leaves, brown sugar, tea bag, and 1 cup boiling water; cover and let stand for 2 minutes, jiggling tea bag several times. Lift tea bag out and add rum and lime juice.
- Pour mojito tea through a fine strainer into warmed heatproof martini or wineglasses (at least 1-cup size; see notes).

Nutrition Facts

   **PROTEIN 3.97%**  **FAT 2.08%**  **CARBS 93.95%**

Properties

Glycemic Index:7.5, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:1.174347842841%

Flavonoids

Eriodictyol: 1.71mg, Eriodictyol: 1.71mg, Eriodictyol: 1.71mg, Eriodictyol: 1.71mg Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 89.88kcal (4.49%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 5.3g (1.77%), Net Carbohydrates: 4.87g (1.77%), Sugar: 4.01g (4.45%), Cholesterol: 0mg (0%), Sodium: 3.12mg (0.14%), Alcohol: 10.02g (100%), Alcohol %: 26.18% (100%), Protein: 0.22g (0.45%), Vitamin C: 3.84mg (4.65%), Vitamin A: 216.15IU (4.32%), Manganese: 0.07mg (3.41%), Fiber: 0.43g (1.72%), Iron: 0.3mg (1.67%), Calcium: 16.52mg (1.65%), Folate: 6.49µg (1.62%), Copper: 0.03mg (1.33%), Magnesium: 4.96mg (1.24%), Potassium: 43.15mg (1.23%)