



Jalapeno-Mango Mojito



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



1

CALORIES



957 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 ounces rum dark
- ☐ 8 mint leaves fresh plus more for garnish
- ☐ 2 cups ice cubes
- ☐ 2 slices jalapeño with seeds, plus more for garnish
- ☐ 3 lime wedges
- ☐ 2 tablespoons apricot-mango nectar
- ☐ 2 ounces seltzer water
- ☐ 1 cup sugar

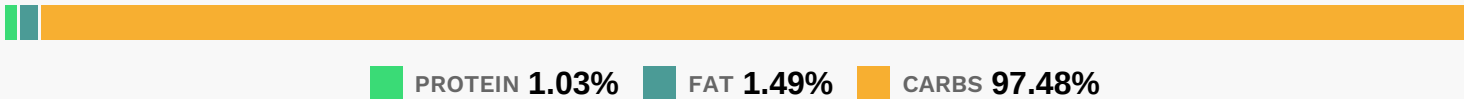
Equipment

- ☐ whisk
- ☐ pot

Directions

- ☐ Combine the sugar and 1 cup water in a small sauce pot over medium heat. Bring to a simmer and cook, whisking occasionally, until the sugar dissolves, about 5 minutes.
- ☐ Remove from the heat and cool to room temperature. Refrigerate in an airtight container for up to 2 weeks.
- ☐ Combine the mint, lime wedges, jalapeno and 3/4 ounce of the simple syrup (1 1/2 tablespoons) in a cocktail shaker and muddle. Fill the shaker with the ice, pour in the rum and mango nectar and shake briefly.
- ☐ Pour directly into a highball glass. Top off with the sparkling water and stir briefly.
- ☐ Garnish with a mint sprig and jalapeno slice.

Nutrition Facts



Properties

Glycemic Index:149.09, Glycemic Load:143.08, Inflammation Score:-10, Nutrition Score:18.846521844035%

Flavonoids

Eriodictyol: 2.47mg, Eriodictyol: 2.47mg, Eriodictyol: 2.47mg, Eriodictyol: 2.47mg Hesperetin: 24.03mg, Hesperetin: 24.03mg, Hesperetin: 24.03mg, Hesperetin: 24.03mg Naringenin: 1.84mg, Naringenin: 1.84mg, Naringenin: 1.84mg, Naringenin: 1.84mg Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 3.42mg, Luteolin: 3.42mg, Luteolin: 3.42mg Quercetin: 9.34mg, Quercetin: 9.34mg, Quercetin: 9.34mg, Quercetin: 9.34mg

Nutrients (% of daily need)

Calories: 957.31kcal (47.87%), Fat: 1.51g (2.32%), Saturated Fat: 0.2g (1.26%), Carbohydrates: 221.64g (73.88%), Net Carbohydrates: 214.35g (77.95%), Sugar: 211.6g (235.11%), Cholesterol: 0mg (0%), Sodium: 48.43mg (2.11%), Alcohol: 14.2g (100%), Alcohol %: 1.72% (100%), Protein: 2.35g (4.7%), Vitamin C: 236.23mg (286.34%), Vitamin A: 2511.89IU (50.24%), Vitamin E: 6.62mg (44.17%), Vitamin B6: 0.79mg (39.63%), Vitamin K: 33.86µg (32.25%), Fiber: 7.28g (29.12%), Folate: 64.11µg (16.03%), Potassium: 560.08mg (16%), Manganese: 0.3mg (14.88%), Vitamin B3: 2.58mg

(12.89%), Copper: 0.25mg (12.53%), Vitamin B2: 0.2mg (11.69%), Magnesium: 42.83mg (10.71%), Calcium: 82.92mg (8.29%), Iron: 1.41mg (7.83%), Vitamin B5: 0.73mg (7.32%), Vitamin B1: 0.1mg (6.55%), Phosphorus: 64.65mg (6.47%), Zinc: 0.55mg (3.65%), Selenium: 2.25µg (3.22%)