

# JELL-O Mojito Granita



Gluten Free



Dairy Free



Low Fod Map

READY IN



200 min.

SERVINGS



6

CALORIES



68 kcal

## Ingredients

- 2 Tbsp mint leaves fresh finely chopped
- 0.8 cup carbonated lemon-lime soda
- 3 oz jell-o lime flavor gelatin
- 2 Tbsp juice of lime
- 0.3 cup rum
- 1 cup water boiling

## Equipment

- bowl
- frying pan

blender

## Directions

- Add boiling water to gelatin mix in medium bowl; stir 2 min. until completely dissolved. Stir in remaining ingredients.
- Pour into 9-inch square pan. Freeze 3 hours or until firm.
- Spoon frozen gelatin mixture into large bowl. Beat with mixer on high speed until smooth.

## Nutrition Facts

 **PROTEIN 6.67%**  **FAT 0.11%**  **CARBS 93.22%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.48521738458911%

## Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 67.72kcal (3.39%), Fat: 0.01g (0.01%), Saturated Fat: 0g (0.01%), Carbohydrates: 16.4g (5.47%), Net Carbohydrates: 16.34g (5.94%), Sugar: 15.29g (16.99%), Cholesterol: 0mg (0%), Sodium: 71.73mg (3.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.43mg (1.47%), Protein: 1.17g (2.35%), Phosphorus: 21.08mg (2.11%), Vitamin C: 1.67mg (2.02%), Copper: 0.03mg (1.39%), Selenium: 0.95µg (1.36%)