

Lemongrass Mojito

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



2

CALORIES



186 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup seltzer water chilled
- 6 large mint leaves fresh
- 2 servings ice cubes
- 2 lemon grass
- 3 tablespoons juice of lime fresh
- 6 tablespoons rum white
- 3 tablespoons sugar

Equipment

wooden spoon

microwave

Directions

Microwave lemongrass on high for 40 seconds.

Cut bottom 7 inches from each stalk. Slice thinly (save tops for garnish).

Combine sliced lemongrass, mint, and sugar in shaker; mash well with muddler or wooden spoon.

Add rum and lime juice; mash until all sugar dissolves. Strain into 2 highball glasses. Fill with ice; top with club soda.

Garnish with lemongrass tops.

Per serving: 190 calories, 0 g fat, 0 g fiber

Bon Appétit

Nutrition Facts

 **PROTEIN 1.35%** **FAT 1.28%** **CARBS 97.37%**

Properties

Glycemic Index:42.55, Glycemic Load:12.57, Inflammation Score:-3, Nutrition Score:2.2926086906506%

Flavonoids

Eriodictyol: 1.42mg, Eriodictyol: 1.42mg, Eriodictyol: 1.42mg, Eriodictyol: 1.42mg Hesperetin: 2.32mg, Hesperetin: 2.32mg, Hesperetin: 2.32mg, Hesperetin: 2.32mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 185.93kcal (9.3%), Fat: 0.13g (0.19%), Saturated Fat: 0.02g (0.09%), Carbohydrates: 21.53g (7.18%), Net Carbohydrates: 21.2g (7.71%), Sugar: 18.34g (20.38%), Cholesterol: 0mg (0%), Sodium: 29.95mg (1.3%), Alcohol: 15.03g (100%), Alcohol %: 7.11% (100%), Protein: 0.3g (0.6%), Manganese: 0.31mg (15.53%), Vitamin C: 7.83mg (9.5%), Iron: 0.62mg (3.44%), Copper: 0.06mg (2.8%), Vitamin A: 138.99IU (2.78%), Potassium: 83.17mg (2.38%), Folate: 9.42µg (2.36%), Magnesium: 8.94mg (2.24%), Calcium: 21.46mg (2.15%), Zinc: 0.31mg (2.04%), Vitamin B2: 0.02mg (1.37%), Fiber: 0.33g (1.32%), Phosphorus: 12.19mg (1.22%)