



Limoncello Mojito



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



8 min.

SERVINGS



8

CALORIES



359 kcal

BEVERAGE

DRINK

Ingredients



3 cups club soda chilled



0.5 cup mint leaves fresh



1 slices garnishes: lemon mint leaves



0.5 cup juice of lemon fresh



3 cups limoncello chilled (lemon liqueur)



0.3 cup sugar

Equipment

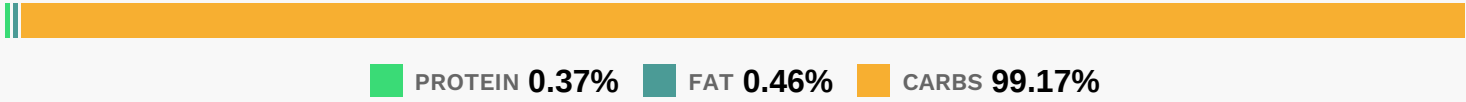


wooden spoon

Directions

- ☐ Combine first 3 ingredients in a pitcher. Crush mint with a muddler or back of wooden spoon, and stir until sugar dissolves. Fill pitcher with ice.
- ☐ Add Limoncello and club soda; stir.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:5.82, Inflammation Score:-4, Nutrition Score:1.054347826087%

Flavonoids

Eriodictyol: 1.65mg, Eriodictyol: 1.65mg, Eriodictyol: 1.65mg, Eriodictyol: 1.65mg Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 359.03kcal (17.95%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 44.13g (14.71%), Net Carbohydrates: 43.85g (15.94%), Sugar: 42.72g (47.47%), Cholesterol: 0mg (0%), Sodium: 19.78mg (0.86%), Alcohol: 28.4g (100%), Alcohol %: 17.67% (100%), Protein: 0.16g (0.33%), Vitamin C: 6.84mg (8.29%), Vitamin A: 125.7IU (2.51%), Manganese: 0.04mg (1.88%), Folate: 6.4µg (1.6%), Calcium: 12.57mg (1.26%), Fiber: 0.28g (1.12%), Magnesium: 4.15mg (1.04%)