



Merry Mojitos

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



6

CALORIES



114 kcal

BEVERAGE

DRINK

Ingredients

- 12 ounce cranberries plus more for garnish
- 1 bunch mint leaves fresh for garnish
- 1 cranberry-orange relish sliced for garnish
- 6 servings rum white
- 1 liter seltzer water
- 0.3 cup sugar

Equipment

- wooden spoon

Directions

- In a large pitcher, add the cranberries, mint, orange, and sugar. Muddle them with a wooden spoon, working out the juices of the fruit and dissolving the sugar.
- Add the sparkling water and stir to combine.
- Pour the mixture over ice and garnish with a slice of orange, some cranberries, and a sprig of mint. For the adults, add the white rum.

Nutrition Facts

PROTEIN 2.3% **FAT 1.49%** **CARBS 96.21%**

Properties

Glycemic Index:28.77, Glycemic Load:10.77, Inflammation Score:-4, Nutrition Score:3.4860869296219%

Flavonoids

Cyanidin: 26.33mg, Cyanidin: 26.33mg, Cyanidin: 26.33mg, Cyanidin: 26.33mg Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 27.87mg, Peonidin: 27.87mg, Peonidin: 27.87mg, Peonidin: 27.87mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 6.02mg, Hesperetin: 6.02mg, Hesperetin: 6.02mg, Hesperetin: 6.02mg Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 3.79mg, Myricetin: 3.79mg, Myricetin: 3.79mg, Myricetin: 3.79mg Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg

Nutrients (% of daily need)

Calories: 114.24kcal (5.71%), Fat: 0.14g (0.22%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 20.55g (6.85%), Net Carbohydrates: 17.93g (6.52%), Sugar: 15.55g (17.28%), Cholesterol: 0mg (0%), Sodium: 36.6mg (1.59%), Alcohol: 5.01g (100%), Alcohol %: 2.33% (100%), Protein: 0.49g (0.98%), Vitamin C: 19.77mg (23.96%), Manganese: 0.22mg (11.11%), Fiber: 2.62g (10.47%), Vitamin E: 0.79mg (5.25%), Copper: 0.06mg (2.88%), Vitamin K: 2.84µg (2.7%), Potassium: 92.53mg (2.64%), Calcium: 23.33mg (2.33%), Vitamin B6: 0.05mg (2.32%), Vitamin B5: 0.22mg (2.24%), Vitamin A: 111.46IU (2.23%), Folate: 7.88µg (1.97%), Magnesium: 7.79mg (1.95%), Vitamin B1: 0.03mg (1.82%), Zinc: 0.25mg (1.65%), Vitamin B2: 0.02mg (1.44%), Iron: 0.21mg (1.19%), Phosphorus: 10.38mg (1.04%)