



Mint Mojito



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



184 kcal

BEVERAGE

DRINK

Ingredients

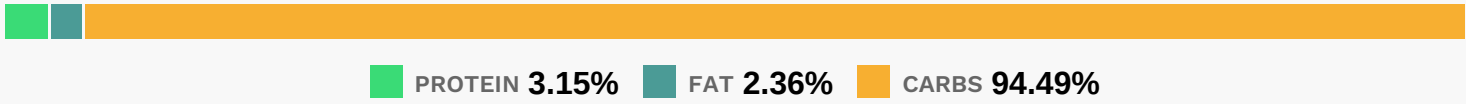
- ☐ 0.3 cup agave nectar
- ☐ 1 cup mint leaves fresh plus more for garnish
- ☐ 1 cup ice cubes
- ☐ 1 cup juice of lime fresh
- ☐ 0.8 cup rum white
- ☐ 1 cup seltzer water

Equipment

Directions

- ☐ Combine mint, agave, rum, and ice cubes in pitcher.
- ☐ Mash mint leaves, rum and agave together; stir in lime juice and water.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:2.1, Inflammation Score:-6, Nutrition Score:4.4886956629546%

Flavonoids

Eriodictyol: 4.8mg, Eriodictyol: 4.8mg, Eriodictyol: 4.8mg, Eriodictyol: 4.8mg Hesperetin: 6.57mg, Hesperetin: 6.57mg, Hesperetin: 6.57mg, Hesperetin: 6.57mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 183.78kcal (9.19%), Fat: 0.23g (0.35%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 20.78g (6.93%), Net Carbohydrates: 19.6g (7.13%), Sugar: 13.49g (14.99%), Cholesterol: 0mg (0%), Sodium: 21.26mg (0.92%), Alcohol: 15.03g (100%), Alcohol %: 7.52% (100%), Protein: 0.69g (1.38%), Vitamin C: 24.84mg (30.11%), Vitamin A: 508.15IU (10.16%), Manganese: 0.15mg (7.64%), Folate: 24.38µg (6.09%), Fiber: 1.18g (4.71%), Vitamin K: 4.49µg (4.27%), Vitamin B2: 0.07mg (4.18%), Calcium: 40.72mg (4.07%), Vitamin B6: 0.08mg (4.04%), Potassium: 137.61mg (3.93%), Copper: 0.08mg (3.87%), Magnesium: 15.21mg (3.8%), Iron: 0.67mg (3.7%), Vitamin B1: 0.05mg (3.29%), Vitamin E: 0.31mg (2.09%), Vitamin B3: 0.41mg (2.05%), Phosphorus: 18.67mg (1.87%), Zinc: 0.26mg (1.72%), Vitamin B5: 0.11mg (1.12%)