



## Minty Lime Frozen Mojito



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



53 kcal

SIDE DISH

### Ingredients

- 0.3 cup mint leaves fresh
- 0.8 cup jell-o brand lime flavor gelatin light (or other )
- 6 ounce limeade concentrate frozen
- 1 sprigs mint leaves fresh

### Equipment

- blender

## Directions

- Combine limeade concentrate, rum, and fresh mint leaves in a blender. Fill to the 5-cup mark with cracked ice. Blend until smooth.
- Garnish with fresh mint sprigs and lime slices before serving, if desired.

## Nutrition Facts

**PROTEIN 4.33%** **FAT 0.8%** **CARBS 94.87%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:1.1826087054999%

## Flavonoids

Eriodictyol: 1.65mg, Eriodictyol: 1.65mg, Eriodictyol: 1.65mg, Eriodictyol: 1.65mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg

## Nutrients (% of daily need)

Calories: 53.22kcal (2.66%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 13.36g (4.45%), Net Carbohydrates: 12.94g (4.7%), Sugar: 12.04g (13.38%), Cholesterol: 0mg (0%), Sodium: 27.82mg (1.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.22%), Vitamin A: 226.56IU (4.53%), Vitamin C: 3.45mg (4.19%), Manganese: 0.06mg (3.19%), Fiber: 0.43g (1.71%), Folate: 6.8µg (1.7%), Copper: 0.03mg (1.64%), Iron: 0.28mg (1.54%), Calcium: 14.25mg (1.43%), Magnesium: 5.51mg (1.38%), Phosphorus: 11.86mg (1.19%), Vitamin B2: 0.02mg (1.06%), Potassium: 36.38mg (1.04%)