



## Mojito



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



190 kcal

BEVERAGE

DRINK

## Ingredients

- 2 ounces seltzer water
- 2 tablespoons mint leaves fresh
- 1 serving ice cubes
- 2 ounces rum light
- 1 lime cut into pieces
- 1 mint leaves
- 2 teaspoons sugar

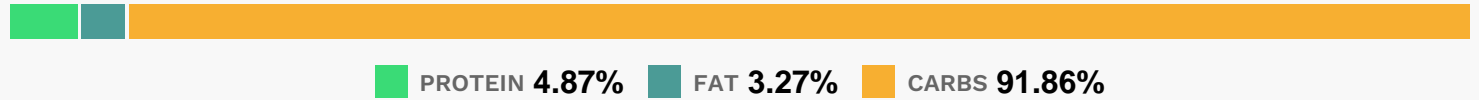
## Equipment

wooden spoon

## Directions

- Place lime in a shaker with sugar and mint leaves. Mash with a muddler or a wooden spoon.
- Add light rum and club soda and stir to combine.
- Serve over ice and garnish with a sprig of mint.

## Nutrition Facts



## Properties

Glycemic Index:117.09, Glycemic Load:7.24, Inflammation Score:-6, Nutrition Score:4.3717392086983%

## Flavonoids

Eriodictyol: 3.4mg, Eriodictyol: 3.4mg, Eriodictyol: 3.4mg, Eriodictyol: 3.4mg Hesperetin: 29.93mg, Hesperetin: 29.93mg, Hesperetin: 29.93mg, Hesperetin: 29.93mg Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 189.57kcal (9.48%), Fat: 0.26g (0.4%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 16.64g (5.55%), Net Carbohydrates: 13.88g (5.05%), Sugar: 9.12g (10.13%), Cholesterol: 0mg (0%), Sodium: 20.1mg (0.87%), Alcohol: 18.94g (100%), Alcohol %: 9.4% (100%), Protein: 0.88g (1.76%), Vitamin C: 23mg (27.87%), Fiber: 2.76g (11.02%), Vitamin A: 500.78IU (10.02%), Manganese: 0.15mg (7.29%), Iron: 0.99mg (5.52%), Calcium: 53.44mg (5.34%), Copper: 0.1mg (5.23%), Folate: 17.9µg (4.47%), Potassium: 133.36mg (3.81%), Magnesium: 13.95mg (3.49%), Vitamin B2: 0.05mg (2.73%), Phosphorus: 22.36mg (2.24%), Vitamin B6: 0.04mg (2.18%), Vitamin B1: 0.03mg (2.17%), Zinc: 0.28mg (1.88%), Vitamin B5: 0.18mg (1.83%), Vitamin B3: 0.33mg (1.65%)