



Mojito



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



2 min.

SERVINGS



1

CALORIES



145 kcal

BEVERAGE

DRINK

Ingredients

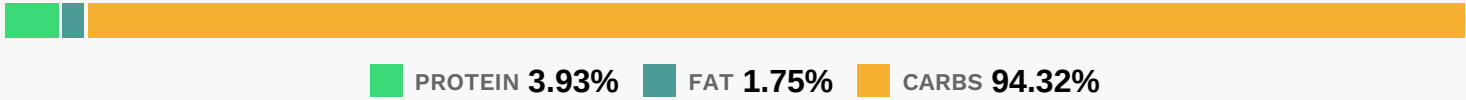
- ☐ 4 fluid ounces carbonated water
- ☐ 0.5 teaspoon confectioners' sugar
- ☐ 1 sprig mint leaves fresh
- ☐ 0.5 cup ice cubes crushed
- ☐ 0.5 juice of lime juiced
- ☐ 2 fluid ounces rum white

Equipment

Directions

- ☐ In a highball glass, stir together the confectioners' sugar and lime juice. Bruise the mint leaves and drop into glass. Fill glass with crushed ice and pour in rum.
- ☐ Pour in carbonated water to fill the glass.
- ☐ Garnish with a sprig of mint.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:0.84086957112279%

Flavonoids

Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 144.95kcal (7.25%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.02%), Carbohydrates: 2.41g (0.8%), Net Carbohydrates: 2.27g (0.83%), Sugar: 1.23g (1.37%), Cholesterol: 0mg (0%), Sodium: 31.97mg (1.39%), Alcohol: 19.75g (100%), Alcohol %: 8.01% (100%), Protein: 0.1g (0.2%), Vitamin C: 4.82mg (5.84%), Copper: 0.05mg (2.29%), Calcium: 14mg (1.4%), Manganese: 0.03mg (1.32%), Zinc: 0.18mg (1.18%), Magnesium: 4.37mg (1.09%)