



Mojito



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



116 kcal

BEVERAGE

DRINK

Ingredients

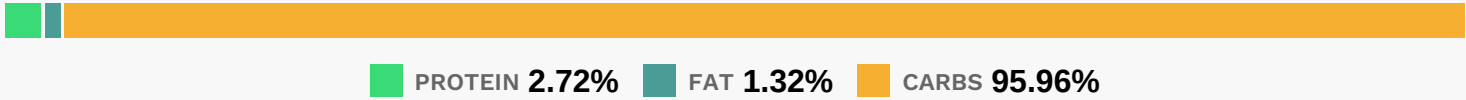
- ☐ 1 serving club soda
- ☐ 1 serving ice cubes
- ☐ 1 ounce juice of lime
- ☐ 4 mint leaves
- ☐ 0.5 ounce rhubarb syrup
- ☐ 1 ounce rum white
- ☐ 0.5 ounce simple syrup glaze

Equipment

Directions

- ☐
- Place the mint leaves in the glass and muddle them to release their oils.Fill the glass with ice.
- ☐
- Pour in the lime juice, rum and syrup and fill the glass with club soda.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:2.3682608487813%

Flavonoids

Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Eriodictyol: 1.86mg, Eriodictyol: 1.86mg, Eriodictyol: 1.86mg, Eriodictyol: 1.86mg Hesperetin: 2.95mg, Hesperetin: 2.95mg, Hesperetin: 2.95mg, Hesperetin: 2.95mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 116.48kcal (5.82%), Fat: 0.09g (0.13%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 13.99g (4.66%), Net Carbohydrates: 13.31g (4.84%), Sugar: 11.01g (12.23%), Cholesterol: 0mg (0%), Sodium: 13.89mg (0.6%), Alcohol: 9.47g (100%), Alcohol %: 8.22% (100%), Protein: 0.4g (0.79%), Vitamin C: 10.91mg (13.23%), Iron: 0.78mg (4.34%), Manganese: 0.09mg (4.25%), Vitamin K: 4.32µg (4.12%), Vitamin A: 198.55IU (3.97%), Potassium: 106.27mg (3.04%), Calcium: 29.45mg (2.95%), Fiber: 0.69g (2.75%), Magnesium: 9.16mg (2.29%), Vitamin B1: 0.03mg (2.22%), Folate: 8.39µg (2.1%), Copper: 0.04mg (2.08%), Vitamin B2: 0.03mg (1.69%), Phosphorus: 11.14mg (1.11%)