

Mojito Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



1 min.

SERVINGS



1

CALORIES



140 kcal

BEVERAGE

DRINK

Ingredients

- 1 fluid ounce carbonated water
- 1 sprig mint leaves fresh
- 2 cubes ice cubes
- 1.3 fluid ounces rum
- 1 tablespoon simple syrup glaze

Equipment

Directions

- In a cocktail glass, muddle (crush) mint leaves with simple syrup.
- Add ice and rum. Top with carbonated water.
- Garnish with a sprig of fresh mint.

Nutrition Facts

PROTEIN 0.25% **FAT 0.14%** **CARBS 99.61%**

Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:0.64304348623947%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 139.88kcal (6.99%), Fat: 0.01g (0.01%), Saturated Fat: 0g (0.02%), Carbohydrates: 14.78g (4.93%), Net Carbohydrates: 14.7g (5.34%), Sugar: 14.64g (16.27%), Cholesterol: 0mg (0%), Sodium: 19.89mg (0.86%), Alcohol: 12.35g (100%), Alcohol %: 13.54% (100%), Protein: 0.04g (0.08%), Iron: 0.79mg (4.38%), Vitamin B1: 0.03mg (1.94%), Copper: 0.02mg (1.07%)