



## Mojito Lemon-Lime Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



30 kcal

BEVERAGE

DRINK

### Ingredients

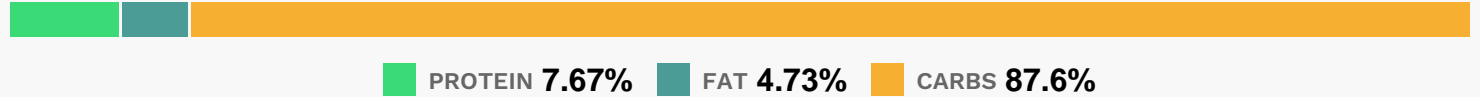
- 3 cups club soda cold
- 1 lime cut into 6 slices
- 6 mint sprigs fresh
- 0.5 cup rum
- 2.5 cups water cold

### Equipment

## Directions

- Stir drink mix, water and rum in 2-qt. plastic or glass pitcher until mix is dissolved.
- Add club soda and mint; stir.
- Serve over ice cubes in tall glasses.
- Garnish with lime slices.

## Nutrition Facts



## Properties

Glycemic Index:4.7, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:0.44565216711034%

## Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 30.15kcal (1.51%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.02%), Carbohydrates: 0.79g (0.26%), Net Carbohydrates: 0.56g (0.2%), Sugar: 0.11g (0.13%), Cholesterol: 0mg (0%), Sodium: 18.3mg (0.8%), Alcohol: 4.01g (100%), Alcohol %: 3.4% (100%), Protein: 0.07g (0.14%), Vitamin C: 2.14mg (2.59%), Copper: 0.02mg (1.13%)