



Mojito Margarita

 Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



201 kcal

BEVERAGE

DRINK

Ingredients

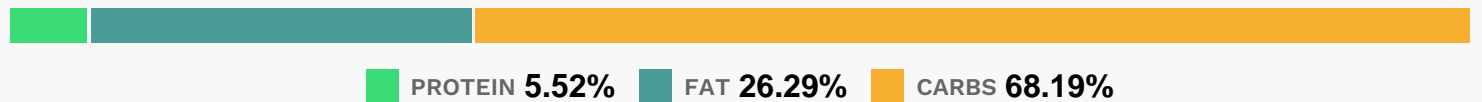
- 1 serving ice cubes
- 1 ounce juice of lime freshly squeezed (from 1 medium lime)
- 3 mint leaves fresh
- 0.5 ounce john d. taylor's velvet falernum
- 1.5 ounces seltzer water chilled
- 2 ounces tequila

Equipment

Directions

- Fill a collins glass with ice and place it in the freezer to chill.
- Place the tequila, lime juice, and falernum in a cocktail shaker.
- Remove the leaves from 2 of the mint sprigs and discard the stems.
- Place the mint leaves in the palm of one hand and smack them with the other hand to release the oils.
- Add them to the shaker.Fill the shaker halfway with ice and shake it vigorously until the outside is frosty, about 30 seconds. Strain the mixture into the chilled collins glass over the ice. Top with the sparkling water and stir gently to combine.
- Garnish with the remaining mint sprig.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:2.7386956655461%

Flavonoids

Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 2.85mg, Hesperetin: 2.85mg, Hesperetin: 2.85mg, Hesperetin: 2.85mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 200.83kcal (10.04%), Fat: 2.26g (3.48%), Saturated Fat: 0.47g (2.95%), Carbohydrates: 13.18g (4.39%), Net Carbohydrates: 12.49g (4.54%), Sugar: 5.91g (6.56%), Cholesterol: 0mg (0%), Sodium: 130.74mg (5.68%), Alcohol: 18.94g (100%), Alcohol %: 11.96% (100%), Protein: 1.07g (2.14%), Vitamin C: 9.46mg (11.47%), Copper: 0.1mg (4.88%), Iron: 0.84mg (4.68%), Phosphorus: 46.7mg (4.67%), Manganese: 0.08mg (4.13%), Folate: 15.04µg (3.76%), Calcium: 36.33mg (3.63%), Magnesium: 12.32mg (3.08%), Vitamin A: 142.04IU (2.84%), Potassium: 99mg (2.83%), Fiber: 0.69g (2.77%), Selenium: 1.79µg (2.55%), Vitamin B1: 0.04mg (2.47%), Vitamin B2: 0.04mg (2.19%), Vitamin B3: 0.33mg (1.63%), Zinc: 0.24mg (1.6%), Vitamin E: 0.22mg (1.46%), Vitamin B6: 0.02mg (1.04%)