

Mojito Perfecto

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



145 kcal

BEVERAGE

DRINK

Ingredients

- 1 lime cut into 6 wedges
- 6 mint leaves
- 3 fluid ounce jiggers rum lemon-flavored
- 4 teaspoons sugar white

Equipment

Directions

- Put 3 mint leaves and 2 teaspoons sugar into each of 2 glass tumblers; vigorously stir sugar and mint together, crushing mint with the back of a spoon to release oils.
- Add 3 lime wedges to each glass; again stir vigorously to release some lime juice.
- Pour 1 jigger rum into each glass. Fill glasses with ice cubes and top with carbonated water; stir.

Nutrition Facts

PROTEIN 2.76% **FAT 2.17%** **CARBS 95.07%**

Properties

Glycemic Index:58.55, Glycemic Load:6.41, Inflammation Score:-3, Nutrition Score:1.7382608755775%

Flavonoids

Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg Hesperetin: 14.71mg, Hesperetin: 14.71mg, Hesperetin: 14.71mg, Hesperetin: 14.71mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 145.41kcal (7.27%), Fat: 0.12g (0.19%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 11.93g (3.98%), Net Carbohydrates: 10.75g (3.91%), Sugar: 8.55g (9.5%), Cholesterol: 0mg (0%), Sodium: 2.12mg (0.09%), Alcohol: 14.81g (100%), Alcohol %: 21.13% (100%), Protein: 0.35g (0.69%), Vitamin C: 10.7mg (12.97%), Fiber: 1.18g (4.71%), Vitamin A: 144.19IU (2.88%), Manganese: 0.05mg (2.31%), Iron: 0.38mg (2.08%), Copper: 0.04mg (2.08%), Calcium: 18.42mg (1.84%), Folate: 6.1µg (1.53%), Potassium: 52.29mg (1.49%), Magnesium: 4.41mg (1.1%), Vitamin B2: 0.02mg (1.06%), Vitamin B1: 0.02mg (1.01%)