



## Mojito Slush



Gluten Free



Dairy Free



Low Fod Map

READY IN



285 min.

SERVINGS



14

CALORIES



98 kcal

DESSERT

## Ingredients

- 3 cups water
- 1 cup sugar
- 0.8 cup juice of lime fresh (from 5 limes)
- 0.8 cup rum light
- 0.5 cup mint leaves fresh packed
- 1.5 cups ginger ale

## Equipment

- sauce pan

- blender
- glass baking pan

## Directions

- In 1 1/2-quart saucepan, heat water and sugar over medium heat about 2 minutes or until sugar is dissolved. Cool completely, about 30 minutes.
- In 8-cup blender, place sugar water, lime juice, rum and mint leaves (if smaller blender, do in batches). Cover; blend on high speed about 20 seconds or until mint is finely chopped.
- Pour mixture into 13x9-inch (3-quart) glass baking dish. Freeze 4 to 6 hours, using fork to break apart ice crystals every 2 hours.
- To serve, spoon 1/2 cup mixture into each glass; pour 1/4 cup ginger ale over each. Stir. If desired, garnish with mint sprigs.

## Nutrition Facts

■ PROTEIN **0.64%**
■ FAT **0.87%**
■ CARBS **98.49%**

## Properties

Glycemic Index:10.58, Glycemic Load:11.37, Inflammation Score:-1, Nutrition Score:0.73782608334137%

## Flavonoids

Eriodictyol: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 97.66kcal (4.88%), Fat: 0.07g (0.11%), Saturated Fat: 0g (0.03%), Carbohydrates: 17.77g (5.92%), Net Carbohydrates: 17.59g (6.4%), Sugar: 16.73g (18.59%), Cholesterol: 0mg (0%), Sodium: 5.33mg (0.23%), Alcohol: 4.29g (100%), Alcohol %: 4.62% (100%), Protein: 0.11g (0.23%), Vitamin C: 4.4mg (5.33%), Vitamin A: 74.75IU (1.5%), Manganese: 0.03mg (1.37%), Copper: 0.03mg (1.26%)