



Mojito Slushy



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



281 kcal

DESSERT

Ingredients

- ☐ 0.3 cup mint leaves fresh packed
- ☐ 8 cups ice cubes crushed
- ☐ 0.5 cup rum light
- ☐ 0.5 cup juice of lime fresh
- ☐ 1 sprigs mint and lime wedges for garnish
- ☐ 2 lime zest
- ☐ 1 cup sugar
- ☐ 1 cup water

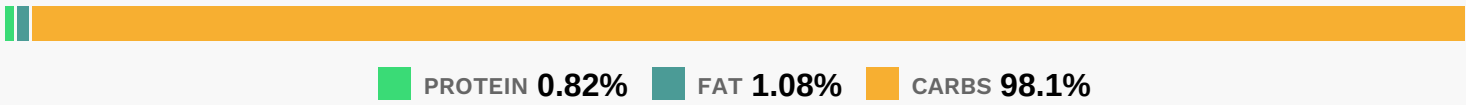
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ In a saucepan over medium heat, add the sugar and water. Cook for about 5 minutes, stirring often, until the sugar is dissolved and the syrup is clear. Set aside to cool.
- ☐ Put the sugar syrup, lime juice, mint leaves, lime zest, and rum into a blender and blend until smooth.
- ☐ Add the ice and blend until slushy. Spoon into glasses; garnish with a sprig of mint and a lime slice.

Nutrition Facts



Properties

Glycemic Index:37.27, Glycemic Load:35.74, Inflammation Score:-3, Nutrition Score:2.8834782398265%

Flavonoids

Eriodictyol: 1.53mg, Eriodictyol: 1.53mg, Eriodictyol: 1.53mg, Eriodictyol: 1.53mg Hesperetin: 17.51mg, Hesperetin: 17.51mg, Hesperetin: 17.51mg, Hesperetin: 17.51mg Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 281.46kcal (14.07%), Fat: 0.28g (0.42%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 56.31g (18.77%), Net Carbohydrates: 55.02g (20.01%), Sugar: 50.98g (56.65%), Cholesterol: 0mg (0%), Sodium: 29.57mg (1.29%), Alcohol: 10.02g (100%), Alcohol %: 1.87% (100%), Protein: 0.47g (0.94%), Vitamin C: 19.79mg (23.99%), Copper: 0.13mg (6.72%), Fiber: 1.29g (5.16%), Calcium: 38.68mg (3.87%), Vitamin A: 151.48IU (3.03%), Magnesium: 12.02mg (3%), Potassium: 87.42mg (2.5%), Manganese: 0.05mg (2.43%), Iron: 0.41mg (2.28%), Folate: 8.93µg (2.23%), Vitamin B2: 0.03mg (1.73%), Vitamin B6: 0.03mg (1.5%), Vitamin B1: 0.02mg (1.45%), Phosphorus: 13.56mg (1.36%), Vitamin B5: 0.12mg (1.2%), Zinc: 0.16mg (1.09%)