

Mojito with Truvia® Natural Sweetener



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



8 min.

SERVINGS



1

CALORIES



120 kcal

BEVERAGE

DRINK

Ingredients

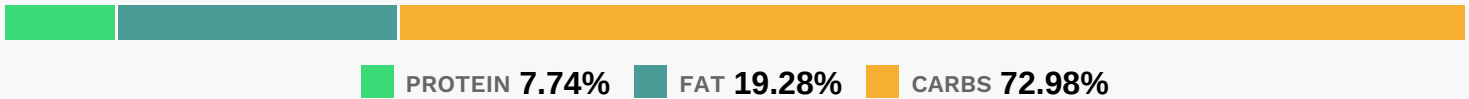
- ☐ 0.5 ounce juice of lime
- ☐ 6 mint leaves
- ☐ 2 teaspoons natural sweetener spoonable truvia®
- ☐ 1.5 ounces rum
- ☐ 1 serving soda water to top

Equipment

Directions

- ☐ In a cocktail shaker add all the ingredients together, except soda water, and fill halfway with ice.
- ☐ Shake vigorously.
- ☐ Double strain into glass filled with ice.
- ☐ Top off with soda water and garnish.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:3.7130434539007%

Flavonoids

Eriodictyol: 2.17mg, Eriodictyol: 2.17mg, Eriodictyol: 2.17mg, Eriodictyol: 2.17mg Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 119.65kcal (5.98%), Fat: 0.57g (0.88%), Saturated Fat: 0.28g (1.73%), Carbohydrates: 4.86g (1.62%), Net Carbohydrates: 3.73g (1.36%), Sugar: 0.55g (0.61%), Cholesterol: 0mg (0%), Sodium: 4.86mg (0.21%), Alcohol: 14.2g (100%), Alcohol %: 26.59% (100%), Protein: 0.51g (1.03%), Manganese: 0.71mg (35.73%), Vitamin C: 7.1mg (8.6%), Iron: 1.12mg (6.24%), Vitamin A: 272.41IU (5.45%), Fiber: 1.13g (4.51%), Calcium: 43.89mg (4.39%), Magnesium: 11.38mg (2.85%), Copper: 0.05mg (2.6%), Folate: 9.22µg (2.3%), Potassium: 78.11mg (2.23%), Vitamin B2: 0.03mg (1.49%), Vitamin B6: 0.03mg (1.48%), Phosphorus: 12.79mg (1.28%), Zinc: 0.19mg (1.27%), Vitamin K: 1.22µg (1.16%), Vitamin B3: 0.22mg (1.09%), Vitamin B1: 0.02mg (1.08%)