



Mojitos

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



150 kcal

BEVERAGE

DRINK

Ingredients

- 8 servings ice cubes
- 2 cups rum light
- 1 cup juice of lime
- 1 cup mint leaves

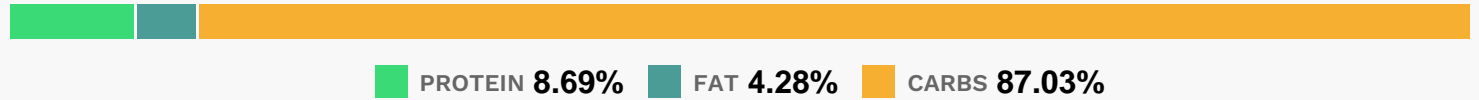
Equipment

- bowl
- frying pan
- sieve

Directions

- In a pitcher (at least 2 qt.), combine rum, mint syrup, and lime juice; add about 2 cups ice cubes.
- Pour into ice-filled glasses and garnish with mint leaves if desired.
- Mint Syrup: In a 1- to 2-quart pan, combine 1 1/4 cups lightly packed rinsed fresh mint leaves, 1 cup water, and 1/2 cup sugar. Stir over medium heat until sugar is dissolved and mixture is simmering.
- Remove pan from heat, cover, and let stand 30 minutes.
- Pour mixture through a fine strainer into a small pitcher or bowl; discard mint leaves. Use syrup or cover and chill up to 1 week. Makes about 1 cup.

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:1.9204347791231%

Flavonoids

Eriodictyol: 2.4mg, Eriodictyol: 2.4mg, Eriodictyol: 2.4mg, Eriodictyol: 2.4mg Hesperetin: 3.28mg, Hesperetin: 3.28mg, Hesperetin: 3.28mg, Hesperetin: 3.28mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 150.1kcal (7.51%), Fat: 0.07g (0.11%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 3.38g (1.13%), Net Carbohydrates: 2.81g (1.02%), Sugar: 0.51g (0.57%), Cholesterol: 0mg (0%), Sodium: 5.75mg (0.25%), Alcohol: 20.04g (100%), Alcohol %: 16.72% (100%), Protein: 0.34g (0.68%), Vitamin C: 10.86mg (13.17%), Vitamin A: 254.07IU (5.08%), Manganese: 0.08mg (4.12%), Copper: 0.05mg (2.41%), Folate: 9.44µg (2.36%), Fiber: 0.57g (2.28%), Calcium: 19.58mg (1.96%), Potassium: 68.6mg (1.96%), Iron: 0.34mg (1.87%), Magnesium: 7.48mg (1.87%), Vitamin B2: 0.02mg (1.29%), Phosphorus: 10.74mg (1.07%), Vitamin B1: 0.02mg (1.05%)