



Mojitos

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



152 kcal

BEVERAGE

DRINK

Ingredients

- 1 serving splash club soda
- 2 sprigs mint leaves fresh
- 1 serving ice cubes
- 2 ounces rum light
- 1 tablespoon juice of lime fresh
- 1 teaspoon caster sugar

Equipment

Directions

- Place sugar and mint in a tall glass and using the back of a spoon, mash the mint leaves into the sugar.
- Add the remaining ingredients, mix, and serve.

Nutrition Facts



Properties

Glycemic Index:85.09, Glycemic Load:2.79, Inflammation Score:-3, Nutrition Score:0.88086956723229%

Flavonoids

Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg Hesperetin: 1.55mg, Hesperetin: 1.55mg, Hesperetin: 1.55mg, Hesperetin: 1.55mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 151.52kcal (7.58%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 5.54g (1.85%), Net Carbohydrates: 5.32g (1.94%), Sugar: 4.25g (4.72%), Cholesterol: 0mg (0%), Sodium: 4.54mg (0.2%), Alcohol: 18.94g (100%), Alcohol %: 17.82% (100%), Protein: 0.14g (0.28%), Vitamin C: 5.14mg (6.23%), Vitamin A: 92.46IU (1.85%), Manganese: 0.04mg (1.83%), Copper: 0.03mg (1.59%)