



Mojitos



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



8

CALORIES



323 kcal

BEVERAGE

DRINK

Ingredients

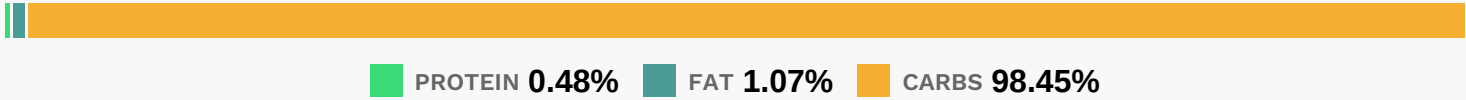
- ☐ 1 liter club soda
- ☐ 1 bunch mint leaves fresh cleaned
- ☐ 8 servings ice cubes
- ☐ 4 juice of lemon juiced
- ☐ 4 juice of lime juiced
- ☐ 750 ml rum light
- ☐ 1 cup sugar

Equipment

Directions

- ☐ In a large pitcher, muddle mint sprigs with sugar and lemon and lime juices until well combined.
- ☐ Add ice, rum and club soda and stir together.
- ☐ Pour into glasses, straining out mint. Enjoy!

Nutrition Facts



Properties

Glycemic Index:10.64, Glycemic Load:17.45, Inflammation Score:-4, Nutrition Score:1.2586956581344%

Flavonoids

Eriodictyol: 1.22mg, Eriodictyol: 1.22mg, Eriodictyol: 1.22mg, Eriodictyol: 1.22mg Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 323.34kcal (16.17%), Fat: 0.13g (0.2%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 27.27g (9.09%), Net Carbohydrates: 27.13g (9.86%), Sugar: 25.58g (28.42%), Cholesterol: 0mg (0%), Sodium: 30.86mg (1.34%), Alcohol: 31.76g (100%), Alcohol %: 12.14% (100%), Protein: 0.13g (0.27%), Vitamin C: 10.46mg (12.68%), Copper: 0.05mg (2.31%), Manganese: 0.03mg (1.49%), Zinc: 0.2mg (1.31%), Folate: 5.07µg (1.27%), Calcium: 12.4mg (1.24%), Potassium: 40.75mg (1.16%), Magnesium: 4.31mg (1.08%)