



Mojo Rising



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



1130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 ounces rum light (or rum)
- ☐ 1 cup rum
- ☐ 1 serving ice crushed
- ☐ 1 lime
- ☐ 2 teaspoons lime
- ☐ 1 slice mint leaves
- ☐ 1 cup mint leaves (preferably a mix of peppermint, spearmint, and lemon balm if desired)
- ☐ 0.5 teaspoon peppermint extract homemade

- ☐ 4 ounces seltzer water cold
- ☐ 0.5 cup sugar
- ☐ 0.5 cup water

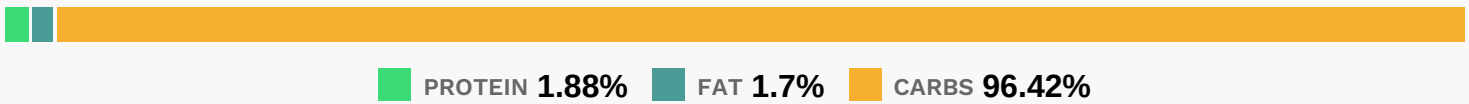
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ peeler

Directions

- ☐ Make the peppermint extract: chop mint and place in a sealable jar. Cover with vodka. Close jar and shake, then leave in a sunny window for two or three days. Strain through a coffee filter and store in a small bottle. It will be dark amber brown in color.
- ☐ Heat 1/2 cup water with 1/2 cup sugar in a small saucepan.
- ☐ Cut zest off lime with a vegetable peeler, add to syrup. Quarter lime, squeezing the juice into the syrup and then add the juiced, pulpy lime pieces to the pan. Simmer for 15 minutes, stirring occasionally. Strain and store in a small jar or bottle in the refrigerator.
- ☐ Make the cocktail: Fill a tumbler with crushed ice.
- ☐ Add cachaça, bitter lime syrup, and peppermint extract. Stir gently.
- ☐ Pour in the soda, stir gently to mix.
- ☐ Garnish with lime slice and one sprig of mint.

Nutrition Facts



Properties

Glycemic Index:164.09, Glycemic Load:71.56, Inflammation Score:-9, Nutrition Score:11.244782651248%

Flavonoids

Eriodictyol: 14.22mg, Eriodictyol: 14.22mg, Eriodictyol: 14.22mg, Eriodictyol: 14.22mg Hesperetin: 35.2mg, Hesperetin: 35.2mg, Hesperetin: 35.2mg, Hesperetin: 35.2mg Naringenin: 2.41mg, Naringenin: 2.41mg, Naringenin: 2.41mg, Naringenin: 2.41mg Apigenin: 2.48mg, Apigenin: 2.48mg, Apigenin: 2.48mg, Apigenin: 2.48mg Luteolin:

5.82mg, Luteolin: 5.82mg, Luteolin: 5.82mg, Luteolin: 5.82mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 1129.63kcal (56.48%), Fat: 0.9g (1.38%), Saturated Fat: 0.13g (0.81%), Carbohydrates: 114.16g (38.05%), Net Carbohydrates: 108.49g (39.45%), Sugar: 101.25g (112.5%), Cholesterol: 0mg (0%), Sodium: 49.61mg (2.16%), Alcohol: 99.79g (100%), Alcohol %: 16.9% (100%), Protein: 2.22g (4.45%), Vitamin C: 35.29mg (42.77%), Vitamin A: 1989.58IU (39.79%), Manganese: 0.61mg (30.49%), Fiber: 5.67g (22.67%), Iron: 2.95mg (16.36%), Copper: 0.29mg (14.71%), Calcium: 145.68mg (14.57%), Folate: 58.12µg (14.53%), Magnesium: 43.63mg (10.91%), Vitamin B2: 0.17mg (9.96%), Potassium: 347.32mg (9.92%), Phosphorus: 58.35mg (5.83%), Zinc: 0.84mg (5.63%), Vitamin B1: 0.08mg (5.14%), Vitamin B3: 0.97mg (4.87%), Vitamin B6: 0.09mg (4.67%), Vitamin B5: 0.31mg (3.1%), Selenium: 0.88µg (1.26%), Vitamin E: 0.16mg (1.04%)