



Nojito



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



62 kcal

SIDE DISH

Ingredients



1 ounce juice of lime fresh



12 mint leaves (see Note)



4 ounces seltzer water



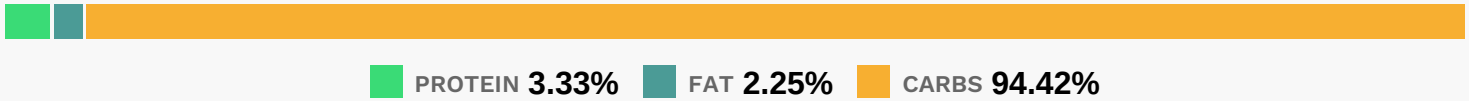
1 tablespoon caster sugar

Equipment

Directions

- ☐ Muddle the mint leaves in a cocktail shaker with the lime juice and sugar.
- ☐ Add ice cubes to fill a shaker and pour in the club soda. Gently shake a few times to incorporate (remember: club soda is fizzy).
- ☐ Strain into a medium or tall cocktail glass filled with ice.
- ☐ Garnish, if desired.
- ☐ With larger mint leaves, use 6 or
- ☐ From Porch Parties: Cocktail Recipes and Easy Ideas for Outdoor Entertaining by Denise Gee.
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Nutrition Facts



Properties

Glycemic Index:70.09, Glycemic Load:8.38, Inflammation Score:-5, Nutrition Score:2.9630434649146%

Flavonoids

Eriodictyol: 4.33mg, Eriodictyol: 4.33mg, Eriodictyol: 4.33mg, Eriodictyol: 4.33mg Hesperetin: 3.76mg, Hesperetin: 3.76mg, Hesperetin: 3.76mg, Hesperetin: 3.76mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 61.69kcal (3.08%), Fat: 0.17g (0.26%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 16.13g (5.38%), Net Carbohydrates: 15.05g (5.47%), Sugar: 12.46g (13.84%), Cholesterol: 0mg (0%), Sodium: 28.22mg (1.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.14%), Vitamin C: 12.32mg (14.93%), Vitamin A: 523.93IU (10.48%), Manganese: 0.15mg (7.39%), Fiber: 1.07g (4.29%), Folate: 16.51µg (4.13%), Calcium: 38.92mg (3.89%), Iron: 0.65mg (3.62%), Magnesium: 13mg (3.25%), Potassium: 103.96mg (2.97%), Copper: 0.05mg (2.74%), Vitamin B2: 0.04mg (2.26%), Zinc: 0.27mg (1.8%), Vitamin B6: 0.03mg (1.31%), Phosphorus: 12.73mg (1.27%), Vitamin B3: 0.25mg (1.22%), Vitamin B1: 0.02mg (1.13%)