Passion Fruit Mojito

Vegetarian · Vegan · Gluten Free · Dairy Free · Low Fod Map

READY IN	SERVINGS	CALORIES
5 min.	1	150 kcal

BEVERAGE · DRINK

Ingredients

- [ ] 1 serving club soda to taste
- [ ] 0.5 teaspoon granulated sugar
- [ ] 2 tablespoon squeezed lime juice fresh (1 lime)
- [ ] 1 sprig mint leaves (for garnish)
- [ ] 5 large mint leaves (torn)
- [ ] 2 ounce rum white

Equipment

- [ ] sieve

- [ ] wooden spoon

Directions

- [ ] Cut the passion fruits in half then scrap out the seeds and pulp into a small mesh strainer set over an old-fashioned or similarly sized heavy bottom glass. Use a long handled cocktail muddle or the wrong end of the wooden spoon to scrap the seeds and pulp against the mesh of the strainer to extract the juice from the fleshy seeds, the juice will collect in the bottom of the glass. You should have about a generous 1 ½ ounces. Reserve the seeds as garnish.
- [ ] Add the lime juice, sugar and mint leaves to the glass with the passion fruit juice. Muddle the mint, using the sugar as an abrasive until the leaves are bruised and the sugar in mostly dissolved. Fill the glass with medium ice cubes and pour the rum over the ice. Stir gently to combine, taking care to distribute the mint leaves throughout the glass. Top with an ounce or two club soda to taste.
- [ ] Garnish with mint sprig and a few reserved passion fruit seeds. The seeds are tasty. Don't be afraid to crunch them in your mouth as you enjoy the cocktail.

Nutrition Facts

PROTEIN **5.9%** FAT **3.17%** CARBS **90.93%**

Properties

Glycemic Index:85.09, Glycemic Load:1.4, Inflammation Score:-4, Nutrition Score:1.943478277682%

Flavonoids

Eriodictyol: 2.51mg, Eriodictyol: 2.51mg, Eriodictyol: 2.51mg, Eriodictyol: 2.51mg Hesperetin: 3.3mg, Hesperetin: 3.3mg, Hesperetin: 3.3mg, Hesperetin: 3.3mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 150.37kcal (7.52%), Fat: 0.08g (0.13%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 5.41g (1.8%), Net Carbohydrates: 4.81g (1.75%), Sugar: 2.5g (2.78%), Cholesterol: 0mg (0%), Sodium: 3.26mg (0.14%), Alcohol: 18.94g (100%), Alcohol %: 25.08% (100%), Protein: 0.35g (0.7%), Vitamin C: 10.91mg (13.22%), Vitamin A: 269.88IU (5.4%), Manganese: 0.09mg (4.31%), Folate: 9.84µg (2.46%), Fiber: 0.6g (2.4%), Potassium: 70.43mg (2.01%), Copper: 0.04mg (2%), Iron: 0.36mg (1.98%), Calcium: 18.85mg (1.88%), Magnesium: 7.21mg (1.8%), Vitamin B2: 0.02mg (1.36%), Phosphorus: 10.85mg (1.08%), Vitamin B1: 0.02mg (1.05%)