



Peach Mojitos

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



114 kcal

BEVERAGE

DRINK

Ingredients

- 4 cups seltzer water chilled
- 0.3 cup juice of lemon fresh (1 lemon)
- 1 sprigs mint leaves fresh
- 0.5 cup mint leaves fresh packed
- 1 lb peaches unpeeled chopped
- 2 cups rum white
- 0.5 cup caster sugar

Equipment

food processor

blender

Directions

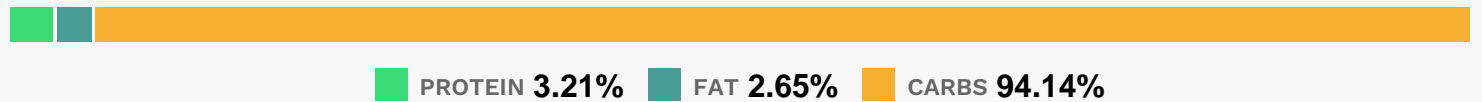
Process first 3 ingredients in a blender or food processor until smooth. (Yield should be about 2 cups.)

Muddle mint leaves against bottom and sides of a glass pitcher to release flavors. (Leaves will be bruised and torn.)

Add club soda, rum, and peach mixture; stir to combine.

Serve immediately over ice.

Nutrition Facts



Properties

Glycemic Index:8.36, Glycemic Load:5.7, Inflammation Score:-3, Nutrition Score:1.2743478313736%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 114.28kcal (5.71%), Fat: 0.13g (0.2%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 10.21g (3.4%), Net Carbohydrates: 9.62g (3.5%), Sugar: 9.29g (10.33%), Cholesterol: 0mg (0%), Sodium: 18.09mg (0.79%), Alcohol: 10.69g (100%), Alcohol %: 9.84% (100%), Protein: 0.35g (0.7%), Vitamin C: 3.31mg (4.01%), Vitamin A: 165.38IU (3.31%), Fiber: 0.59g (2.36%), Manganese: 0.04mg (2.2%), Copper: 0.04mg (2.02%), Vitamin E: 0.23mg (1.51%), Potassium: 52.03mg (1.49%), Vitamin B3: 0.28mg (1.39%), Iron: 0.21mg (1.16%), Magnesium: 4.55mg (1.14%), Folate: 4.41µg (1.1%), Zinc: 0.17mg (1.1%)