

Peach Mojitos



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



195 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 cups club soda chilled
- ☐ 10 servings ice cubes crushed
- ☐ 1 cup juice of lime fresh (4 large limes)
- ☐ 1 teaspoon lime rind grated
- ☐ 0.5 cup mint leaves packed
- ☐ 1 pound peaches ripe peeled coarsely chopped
- ☐ 2 cups rum white
- ☐ 0.8 cup sugar

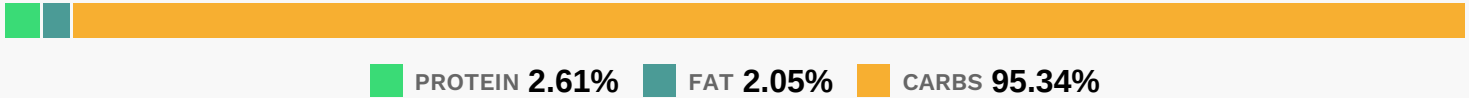
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sieve
- ☐ blender

Directions

- ☐ Place peaches in a blender or food processor; process until smooth. Press peach puree through a fine sieve into a bowl; discard solids.
- ☐ Combine rind, lime juice, sugar, and mint in a large pitcher; crush juice mixture with the back of a long spoon.
- ☐ Add peach puree and rum to pitcher, stirring until sugar dissolves. Stir in club soda.
- ☐ Serve over crushed ice.
- ☐ Garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:15.73, Glycemic Load:12.05, Inflammation Score:-4, Nutrition Score:2.3721739001896%

Flavonoids

Cyanidin: 0.87mg, Cyanidin: 0.87mg, Cyanidin: 0.87mg, Cyanidin: 0.87mg Catechin: 2.23mg, Catechin: 2.23mg, Catechin: 2.23mg, Catechin: 2.23mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 1.23mg, Eriodictyol: 1.23mg, Eriodictyol: 1.23mg, Eriodictyol: 1.23mg Hesperetin: 2.49mg, Hesperetin: 2.49mg, Hesperetin: 2.49mg, Hesperetin: 2.49mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 195.37kcal (9.77%), Fat: 0.21g (0.32%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 21.91g (7.3%), Net Carbohydrates: 20.95g (7.62%), Sugar: 19.19g (21.32%), Cholesterol: 0mg (0%), Sodium: 27.64mg (1.2%), Alcohol: 16.03g (100%), Alcohol %: 8.81% (100%), Protein: 0.6g (1.2%), Vitamin C: 9.89mg (11.99%), Vitamin A: 255.65IU (5.11%), Fiber: 0.96g (3.85%), Manganese: 0.07mg (3.43%), Copper: 0.07mg (3.32%), Potassium: 99.81mg (2.85%), Vitamin E: 0.38mg (2.57%), Vitamin B3: 0.44mg (2.22%), Magnesium: 8.33mg (2.08%), Folate: 7.72µg (1.93%), Iron: 0.33mg (1.82%), Zinc: 0.26mg (1.76%), Phosphorus: 16.97mg (1.7%), Vitamin B2: 0.03mg (1.68%), Calcium: 15.65mg (1.56%), Selenium: 1.07µg (1.53%), Vitamin B1: 0.02mg (1.45%), Vitamin K: 1.51µg (1.44%), Vitamin B6: 0.02mg (1.2%), Vitamin B5: 0.11mg (1.07%)