



Pineapple-Mango Mojito



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



225 kcal

BEVERAGE

DRINK

Ingredients



3 lime wedges



1 mangos



6 large mint leaves



1 ounce pineapple rum



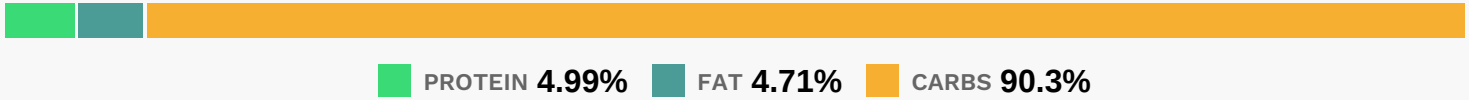
1 teaspoon sugar in a rocks glass

Equipment

Directions

- ☐ Muddle (crush together) lime wedges, mango slice, mint leaves, and sugar in a rocks glass.
- ☐ Add pineapple rum. Fill glass with ice, and top with club soda.

Nutrition Facts



Properties

Glycemic Index:168.84, Glycemic Load:18.48, Inflammation Score:-9, Nutrition Score:13.995652167693%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg Eriodictyol: 1.86mg, Eriodictyol: 1.86mg, Eriodictyol: 1.86mg, Eriodictyol: 1.86mg Hesperetin: 23.83mg, Hesperetin: 23.83mg, Hesperetin: 23.83mg, Hesperetin: 23.83mg Naringenin: 1.84mg, Naringenin: 1.84mg, Naringenin: 1.84mg, Naringenin: 1.84mg Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 225.49kcal (11.27%), Fat: 0.96g (1.48%), Saturated Fat: 0.22g (1.36%), Carbohydrates: 41.6g (13.87%), Net Carbohydrates: 36.29g (13.2%), Sugar: 33.26g (36.96%), Cholesterol: 0mg (0%), Sodium: 5.33mg (0.23%), Alcohol: 9.47g (100%), Alcohol %: 4.01% (100%), Protein: 2.3g (4.6%), Vitamin C: 92.97mg (112.69%), Vitamin A: 2521.62IU (50.43%), Folate: 100.17µg (25.04%), Fiber: 5.3g (21.22%), Copper: 0.29mg (14.54%), Vitamin B6: 0.28mg (13.88%), Vitamin E: 1.98mg (13.21%), Potassium: 437.63mg (12.5%), Manganese: 0.21mg (10.53%), Vitamin K: 9.02µg (8.59%), Vitamin B3: 1.6mg (7.99%), Magnesium: 28.74mg (7.19%), Vitamin B2: 0.11mg (6.31%), Calcium: 55.21mg (5.52%), Vitamin B5: 0.55mg (5.45%), Iron: 0.97mg (5.41%), Vitamin B1: 0.08mg (5.39%), Phosphorus: 44.21mg (4.42%), Zinc: 0.32mg (2.16%), Selenium: 1.48µg (2.12%)