



Pineapple Mojito Gelatin Shot



Gluten Free



Dairy Free

READY IN



190 min.

SERVINGS



10

CALORIES



62 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 12 mint leaves fresh
- ☐ 1 box pineapple gelatin
- ☐ 0.3 cup rum light
- ☐ 1 box lime gelatin
- ☐ 3 tablespoons fresh-squeezed lime juice
- ☐ 3 tablespoons pineapple juice
- ☐ 1 teaspoons sugar
- ☐ 1 cup water boiling

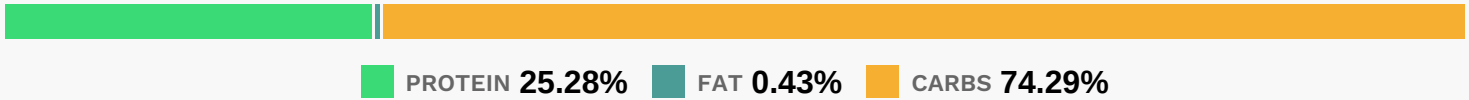
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ to 12 small plastic cups or shot glasses
- ☐ Bruise the mint leaves in the bottom of a cocktail shaker.
- ☐ Add the lime juice, pineapple juice and shake the 2 together. In a medium bowl combine the lime and pineapple gelatins, and the sugar. Stir in the boiling water and whisk until the sugar dissolves. Stir in the rum and pour into the plastic shot glasses. Refrigerate until set, about 3 hours. Enjoy!

Nutrition Facts



Properties

Glycemic Index:13.11, Glycemic Load:0.54, Inflammation Score:-1, Nutrition Score:0.88608697704647%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 61.51kcal (3.08%), Fat: 0.02g (0.04%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 9.23g (3.08%), Net Carbohydrates: 9.1g (3.31%), Sugar: 8.24g (9.15%), Cholesterol: 0mg (0%), Sodium: 46.9mg (2.04%), Alcohol: 2g (100%), Alcohol %: 4.93% (100%), Protein: 3.14g (6.28%), Copper: 0.08mg (4.19%), Vitamin C: 2.18mg (2.64%), Selenium: 1.69µg (2.41%), Manganese: 0.04mg (2.13%), Phosphorus: 15.18mg (1.52%), Vitamin A: 53.45IU (1.07%)