



## Pineapple Mojitos

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



8

CALORIES



100 kcal

BEVERAGE

DRINK

### Ingredients

- 1 liter club soda chilled
- 8 servings cracked ice
- 8 servings lemon grass syrup
- 1 cup juice of lime fresh
- 16 mint leaves
- 2 cups pineapple fresh cubed
- 1 cup rum white chilled

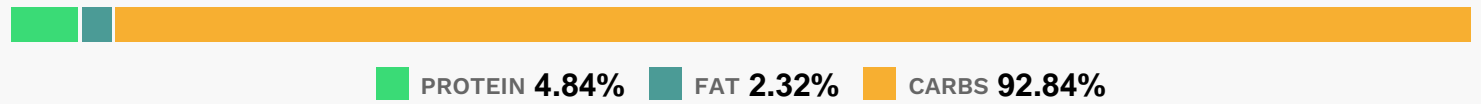
### Equipment

- food processor
- blender
- mortar and pestle
- canning jar

## Directions

- Pure pineapple in a blender or food processor.
- Crush mint with a mortar and pestle or coarsely chop. Divide mint among 8 large glasses or canning jars.
- Add 1/4 cup pineapple pure and 2 tablespoons each Lemon Grass Syrup, lime juice, and rum to each glass. Fill glasses 3/4 full with club soda. Stir in about 1/3 cup cracked ice.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:9.21, Glycemic Load:2.83, Inflammation Score:-4, Nutrition Score:4.2200000512859%

## Flavonoids

Eriodictyol: 1.28mg, Eriodictyol: 1.28mg, Eriodictyol: 1.28mg, Eriodictyol: 1.28mg Hesperetin: 2.92mg, Hesperetin: 2.92mg, Hesperetin: 2.92mg, Hesperetin: 2.92mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 99.88kcal (4.99%), Fat: 0.09g (0.15%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 8.5g (2.83%), Net Carbohydrates: 7.64g (2.78%), Sugar: 4.57g (5.08%), Cholesterol: 0mg (0%), Sodium: 31.05mg (1.35%), Alcohol: 10.02g (100%), Alcohol %: 4.45% (100%), Protein: 0.44g (0.89%), Vitamin C: 29.45mg (35.7%), Manganese: 0.47mg (23.51%), Copper: 0.09mg (4.28%), Fiber: 0.86g (3.43%), Folate: 13.48µg (3.37%), Vitamin B6: 0.06mg (3.07%), Vitamin B1: 0.04mg (2.95%), Potassium: 102.07mg (2.92%), Magnesium: 11.38mg (2.84%), Vitamin A: 124.07IU (2.48%), Calcium: 23.04mg (2.3%), Iron: 0.35mg (1.97%), Zinc: 0.26mg (1.74%), Vitamin B2: 0.03mg (1.51%), Vitamin B3: 0.3mg (1.49%), Vitamin B5: 0.13mg (1.32%), Phosphorus: 11.2mg (1.12%)