



Pomegranate mojito mocktail



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



902 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 tbsp pomegranate seeds
- ☐ 1 bunch mint leaves
- ☐ 2 lime quartered
- ☐ 1l pomegranate juice
- ☐ 500 ml pink lemonade kool-aid

Equipment

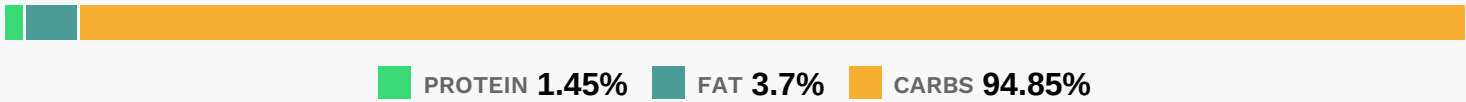
- ☐ sieve
- ☐ ice cube tray

☐ rolling pin

Directions

- ☐ A day ahead, divide the pomegranate seeds between the holes in an ice cube tray, top up with water and freeze.
- ☐ Reserve half the mint for serving, and tear the rest into a large jug with the lime quarters. Using a rolling pin, bash the mint and lime to release the flavours.
- ☐ Add the pomegranate juice and lemonade. Put ice cubes in each glass, then strain over the pomegranate mix through a small sieve.
- ☐ Garnish with lime slices and more mint.

Nutrition Facts



Properties

Glycemic Index:163.5, Glycemic Load:48.53, Inflammation Score:-8, Nutrition Score:27.07565235055%

Flavonoids

Cyanidin: 25.26mg, Cyanidin: 25.26mg, Cyanidin: 25.26mg, Cyanidin: 25.26mg Delphinidin: 8.52mg, Delphinidin: 8.52mg, Delphinidin: 8.52mg, Delphinidin: 8.52mg Pelargonidin: 0.95mg, Pelargonidin: 0.95mg, Pelargonidin: 0.95mg, Pelargonidin: 0.95mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 58.03mg, Hesperetin: 58.03mg, Hesperetin: 58.03mg, Hesperetin: 58.03mg Naringenin: 4.56mg, Naringenin: 4.56mg, Naringenin: 4.56mg, Naringenin: 4.56mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Quercetin: 12.22mg, Quercetin: 12.22mg, Quercetin: 12.22mg, Quercetin: 12.22mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 901.65kcal (45.08%), Fat: 3.88g (5.98%), Saturated Fat: 0.9g (5.65%), Carbohydrates: 224.2g (74.73%), Net Carbohydrates: 217.27g (79.01%), Sugar: 200.04g (222.27%), Cholesterol: 0mg (0%), Sodium: 131.61mg (5.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.84%), Vitamin K: 117.64µg (112.04%), Potassium: 2517.91mg (71.94%), Folate: 284.97µg (71.24%), Vitamin C: 45.91mg (55.65%), Manganese: 1.11mg (55.56%), Vitamin B5: 3.47mg (34.73%), Vitamin E: 4.56mg (30.43%), Fiber: 6.92g (27.7%), Vitamin B6: 0.52mg (25.88%), Magnesium: 90.31mg (22.58%), Copper: 0.39mg (19.62%), Calcium: 174.21mg (17.42%), Phosphorus: 159.01mg (15.9%), Vitamin B1: 0.23mg (15.43%), Vitamin B3: 2.92mg (14.6%), Vitamin B2: 0.22mg (12.89%), Iron: 2.19mg (12.19%), Zinc: 1.3mg

(8.64%), Selenium: 3.92µg (5.6%), Vitamin A: 236.92IU (4.74%)