



Shortcut Mojito



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



259 kcal

BEVERAGE

DRINK

Ingredients

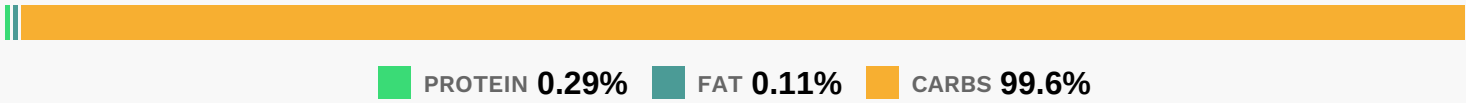
- ☐ 4 oz seltzer water
- ☐ 1 serving fruit cocktail
- ☐ 1 serving ice cubes
- ☐ 1 oz juice of lime freshly squeezed
- ☐ 1 leaves lime wedges fresh for garnish
- ☐ 1.5 oz rum white
- ☐ 2 oz simple syrup glaze (to learn how to make infused simple syrup, [click here](#))

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Shortcut Mojito
- ☐ Ingredients4 oz club soda2 oz mint infused simple syrup (to learn how to make infused simple syrup, click here)1 1/2 oz white rum1 oz freshly squeezed lime juice
- ☐ IceFresh mint leaves and/or fresh lime wedge for garnish
- ☐ You will also need
- ☐ Cocktail shaker, tall glass
- ☐ Total Time: 5 Minutes
- ☐ Servings: 1
- ☐ Kosher Key: Pareve, Kosher (use kosher certified liquor)

Nutrition Facts



Properties

Glycemic Index:102, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:2.0495652089948%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 2.97mg, Hesperetin: 2.97mg, Hesperetin: 2.97mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 258.71kcal (12.94%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.02%), Carbohydrates: 44.11g (14.7%), Net Carbohydrates: 43.96g (15.99%), Sugar: 42.14g (46.82%), Cholesterol: 0mg (0%), Sodium: 60.57mg (2.63%), Alcohol: 14.2g (100%), Alcohol %: 6.02% (100%), Protein: 0.13g (0.26%), Iron: 2.1mg (11.69%), Vitamin C: 8.81mg (10.68%), Vitamin B1: 0.08mg (5.59%), Magnesium: 9.74mg (2.44%), Vitamin B2: 0.04mg (2.37%), Copper: 0.05mg (2.25%), Potassium: 73.92mg (2.11%), Calcium: 19.08mg (1.91%), Zinc: 0.27mg (1.79%), Phosphorus: 10.5mg (1.05%)