

## Sloppy Joe's Mojito



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



138 kcal

BEVERAGE

DRINK

### Ingredients



1 lime halved



3 mint leaves fresh



2 tablespoons rum white



0.3 cup seltzer water chilled



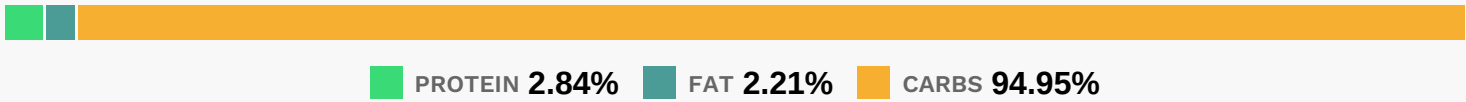
1 tablespoon sugar

### Equipment

# Directions

- ☐ Squeeze juice from both lime halves into a 12-ounce highball glass, then add lime halves.
- ☐ Add mint and sugar and crush mint with back of a spoon until sugar is dissolved.
- ☐ Add rum and stir.
- ☐ Add ice, then top off drink with sparkling water and stir well.

## Nutrition Facts



## Properties

Glycemic Index:117.09, Glycemic Load:10.03, Inflammation Score:-4, Nutrition Score:2.9191304678502%

## Flavonoids

Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg Hesperetin: 29.11mg, Hesperetin: 29.11mg, Hesperetin: 29.11mg, Hesperetin: 29.11mg Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 137.7kcal (6.89%), Fat: 0.2g (0.31%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 19.43g (6.48%), Net Carbohydrates: 17.32g (6.3%), Sugar: 13.11g (14.56%), Cholesterol: 0mg (0%), Sodium: 19.25mg (0.84%), Alcohol: 10.02g (100%), Alcohol %: 6.65% (100%), Protein: 0.58g (1.16%), Vitamin C: 20.45mg (24.79%), Fiber: 2.12g (8.46%), Calcium: 33.46mg (3.35%), Copper: 0.07mg (3.26%), Iron: 0.58mg (3.22%), Vitamin A: 160.94IU (3.22%), Potassium: 87.83mg (2.51%), Manganese: 0.05mg (2.37%), Folate: 8.78µg (2.2%), Magnesium: 7.21mg (1.8%), Vitamin B6: 0.03mg (1.65%), Vitamin B1: 0.02mg (1.62%), Vitamin B5: 0.16mg (1.56%), Phosphorus: 15.45mg (1.54%), Vitamin B2: 0.02mg (1.46%), Zinc: 0.2mg (1.33%)