



Slushy Watermelon Mojitos



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



93 kcal

BEVERAGE

DRINK

Ingredients



0.3 cup mint leaves fresh chopped



6 ounce limeade concentrate frozen undiluted canned



0.8 cup rum white



1 cup seltzer water chilled



5 cups watermelon cubed seeded

Equipment



baking sheet

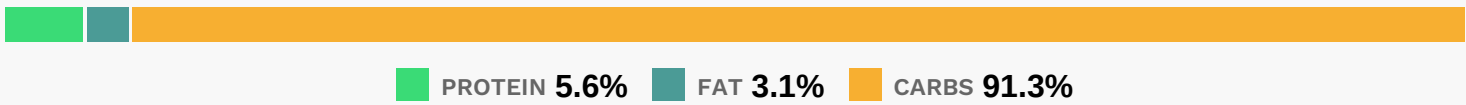


blender

Directions

- ☐ Arrange watermelon in a single layer on a baking sheet; freeze 2 hours or until completely frozen.
- ☐ Combine frozen watermelon, sparkling water, rum, mint, and limeade in a blender; process until smooth.
- ☐ Garnish with mint sprigs and lime slices, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.21, Glycemic Load:5.07, Inflammation Score:-5, Nutrition Score:2.3039130477802%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg

Nutrients (% of daily need)

Calories: 92.52kcal (4.63%), Fat: 0.16g (0.24%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 10.31g (3.44%), Net Carbohydrates: 9.82g (3.57%), Sugar: 8.71g (9.68%), Cholesterol: 0mg (0%), Sodium: 8.46mg (0.37%), Alcohol: 7.51g (100%), Alcohol %: 5.61% (100%), Protein: 0.63g (1.26%), Vitamin A: 600.29IU (12.01%), Vitamin C: 8.8mg (10.67%), Potassium: 117.57mg (3.36%), Manganese: 0.06mg (2.86%), Magnesium: 11.35mg (2.84%), Copper: 0.05mg (2.72%), Vitamin B1: 0.03mg (2.29%), Vitamin B6: 0.05mg (2.28%), Vitamin B5: 0.22mg (2.17%), Fiber: 0.49g (1.97%), Iron: 0.31mg (1.73%), Vitamin B2: 0.03mg (1.48%), Phosphorus: 12.59mg (1.26%), Calcium: 11.97mg (1.2%), Folate: 4.67µg (1.17%), Zinc: 0.15mg (1.01%)