



## Strawberry Mojito

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



28 min.

SERVINGS



15

CALORIES



27 kcal

BEVERAGE

DRINK

### Ingredients


- 0.3 cup mint leaves fresh
- 1 lime cut into 4 wedges
- 0.3 cup strawberry syrup
- 0.3 cup rum white
- 0.3 cup seltzer water
- 4 strawberries coarsely chopped

### Equipment

# Directions

Muddle 2 strawberries, 2 lime wedges, and 2 tablespoons mint in each of 2 glasses. Fill each glass with ice, and stir in 2 tablespoons each Strawberry Syrup and rum. Top with sparkling water.

# Nutrition Facts

 **PROTEIN 4.08%**  **FAT 1.09%**  **CARBS 94.83%**

## Properties

Glycemic Index:5.8, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:0.49652174341938%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.8mg, Pelargonidin: 0.8mg, Pelargonidin: 0.8mg, Pelargonidin: 0.8mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 2mg, Hesperetin: 2mg, Hesperetin: 2mg, Hesperetin: 2mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 27.02kcal (1.35%), Fat: 0.03g (0.04%), Saturated Fat: 0g (0.02%), Carbohydrates: 5.02g (1.67%), Net Carbohydrates: 4.77g (1.74%), Sugar: 3.61g (4.02%), Cholesterol: 0mg (0%), Sodium: 5.26mg (0.23%), Alcohol: 1.34g (100%), Alcohol %: 7.68% (100%), Protein: 0.22g (0.43%), Vitamin C: 3.42mg (4.15%), Manganese: 0.02mg (1.11%)