



Strawberry Mojito

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



174 kcal

BEVERAGE

DRINK

Ingredients

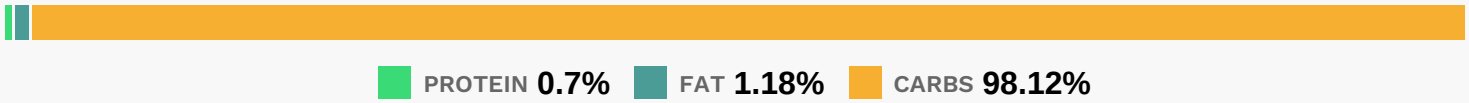
- ☐ 2 cups club soda
- ☐ 8 cups ice cubes
- ☐ 2 large limes quartered
- ☐ 0.5 bunch mint leaves
- ☐ 1 cup rum white
- ☐ 7 strawberries quartered
- ☐ 1 cup sugar white

Equipment

Directions

- ☐ Pour 1/4 to 1/2 inch of sugar onto a small, shallow plate. Run one of the lime quarters around the rim of each cocktail glass, then dip the glasses into the sugar to rim; set aside.
- ☐ Squeeze all of the lime quarters into a sturdy glass pitcher. Toss the juiced limes into the pitcher along with the mint, strawberries, and 1 cup of sugar. Crush the fruits together with a muddler to release the juices from the strawberries and the oil from the mint leaves. Stir in the rum and club soda until the sugar has dissolved.
- ☐ Pour into the sugared glasses over ice cubes to serve.

Nutrition Facts



Properties

Glycemic Index:19.64, Glycemic Load:18.1, Inflammation Score:-2, Nutrition Score:1.5021738850552%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.61mg, Pelargonidin: 2.61mg, Pelargonidin: 2.61mg, Pelargonidin: 2.61mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 7.23mg, Hesperetin: 7.23mg, Hesperetin: 7.23mg, Hesperetin: 7.23mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 174.11kcal (8.71%), Fat: 0.15g (0.23%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 27.5g (9.17%), Net Carbohydrates: 26.8g (9.75%), Sugar: 25.75g (28.61%), Cholesterol: 0mg (0%), Sodium: 25.32mg (1.1%), Alcohol: 10.02g (100%), Alcohol %: 3.36% (100%), Protein: 0.2g (0.39%), Vitamin C: 11.13mg (13.49%), Copper: 0.07mg (3.31%), Fiber: 0.7g (2.8%), Manganese: 0.05mg (2.59%), Calcium: 18.12mg (1.81%), Magnesium: 5.53mg (1.38%),

Potassium: 36.86mg (1.05%), Iron: 0.19mg (1.04%), Folate: 4.14µg (1.04%)