



Tequila Mojitos



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



18 min.

SERVINGS



10

CALORIES



114 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups lemon-lime drink chilled soft
- ☐ 1 cup juice of lime fresh
- ☐ 1 cup mint sprigs fresh
- ☐ 1 sprigs garnish: mint lime fresh
- ☐ 0.8 cup sugar
- ☐ 0.5 cup tequila
- ☐ 1 cup water

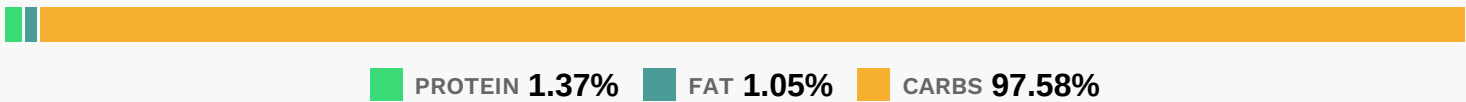
Equipment

- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Bring 1 cup water and sugar to a boil in a medium saucepan. Boil, stirring often, until sugar dissolves.
- ☐ Remove from heat; add mint sprigs, and let stand 2 hours or until mixture is completely cool.
- ☐ Pour mixture through a wire-mesh strainer into a pitcher, discarding mint. Stir in lemon-lime soft drink, lime juice, and tequila.
- ☐ Serve over ice.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:8.51, Glycemic Load:10.47, Inflammation Score:-2, Nutrition Score:1.5191304249608%

Flavonoids

Eriodictyol: 1.95mg, Eriodictyol: 1.95mg, Eriodictyol: 1.95mg, Eriodictyol: 1.95mg Hesperetin: 2.64mg, Hesperetin: 2.64mg, Hesperetin: 2.64mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 114.09kcal (5.7%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 22.58g (7.53%), Net Carbohydrates: 22.12g (8.04%), Sugar: 20.19g (22.43%), Cholesterol: 0mg (0%), Sodium: 8.08mg (0.35%), Alcohol: 4.01g (100%), Alcohol %: 4.01% (100%), Caffeine: 7.08mg (2.36%), Protein: 0.32g (0.63%), Vitamin C: 8.72mg (10.57%), Vitamin A: 207.51IU (4.15%), Manganese: 0.06mg (3.06%), Folate: 7.66µg (1.92%), Fiber: 0.46g (1.86%), Calcium: 16.37mg (1.64%), Potassium: 55.5mg (1.59%), Magnesium: 6.32mg (1.58%), Iron: 0.28mg (1.54%), Copper: 0.03mg (1.45%), Vitamin B2: 0.02mg (1.13%)