



Watermelon Mojito Cocktail Pops

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



490 min.

SERVINGS



5

CALORIES



70 kcal

DESSERT

Ingredients

- 4 small mint leaves fresh
- 3 tablespoons rum light
- 1 slices lime
- 3 tablespoons juice of lime fresh
- 3 tablespoons sugar
- 3 tablespoons water
- 2 cups seeded/seedless watermelon seedless chopped

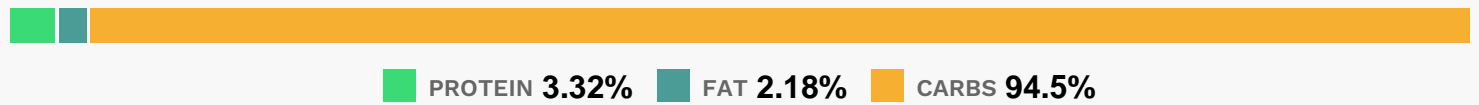
Equipment

- blender
- aluminum foil

Directions

- In blender, place all ingredients except lime slices. Cover; blend until smooth.
- Divide mixture among 5 (5-oz) paper cups. Cover cups with foil; insert craft stick into center of each pop. Freeze about 8 hours or until frozen.
- Garnish with fresh lime slices.

Nutrition Facts



Properties

Glycemic Index:38.35, Glycemic Load:8.31, Inflammation Score:-3, Nutrition Score:1.6956521632231%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.49mg, Hesperetin: 1.49mg, Hesperetin: 1.49mg, Hesperetin: 1.49mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 69.98kcal (3.5%), Fat: 0.13g (0.2%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 12.79g (4.26%), Net Carbohydrates: 12.4g (4.51%), Sugar: 11.13g (12.37%), Cholesterol: 0mg (0%), Sodium: 1.68mg (0.07%), Alcohol: 3.01g (100%), Alcohol %: 3.92% (100%), Protein: 0.45g (0.9%), Vitamin C: 8.29mg (10.04%), Vitamin A: 385.14IU (7.7%), Potassium: 84.93mg (2.43%), Magnesium: 7.61mg (1.9%), Manganese: 0.04mg (1.81%), Copper: 0.04mg (1.77%), Vitamin B6: 0.03mg (1.63%), Vitamin B1: 0.02mg (1.6%), Fiber: 0.38g (1.53%), Vitamin B5: 0.15mg (1.51%), Iron: 0.21mg (1.17%), Vitamin B2: 0.02mg (1.07%)