



Watermelon Mojitos

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



257 kcal

BEVERAGE

DRINK

Ingredients

- 30 large mint leaves fresh
- 12 ounces rum light such as bacardi
- 6 tablespoons juice of lime freshly squeezed (3 limes)
- 1 Sprigs mint and spears of watermelon for serving
- 0.5 cup simple syrup glaze
- 3 slices watermelon fresh thick

Equipment

- food processor

mortar and pestle

Directions

- Use a mortar and pestle to mash the mint leaves.
- Remove and discard the rind and seeds of the watermelon.
- Put the fruit into a food processor fitted with the steel blade and puree.
- Put the mashed mint into a large pitcher with 2 cups of pureed watermelon, the rum, simple syrup, and lime juice and stir to combine.
- Pour the mixture into a pitcher for serving.
- Place ice cubes in 6 glasses and pour the mojito mixture into the glasses.
- Garnish with sprigs of fresh mint and spears of watermelon.
- Serve ice cold.

Nutrition Facts

PROTEIN 3.22% **FAT 1.75%** **CARBS 95.03%**

Properties

Glycemic Index:14.94, Glycemic Load:7.63, Inflammation Score:-7, Nutrition Score:4.823043446178%

Flavonoids

Eriodictyol: 1.93mg, Eriodictyol: 1.93mg, Eriodictyol: 1.93mg, Eriodictyol: 1.93mg Hesperetin: 1.87mg, Hesperetin: 1.87mg, Hesperetin: 1.87mg, Hesperetin: 1.87mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 256.79kcal (12.84%), Fat: 0.27g (0.42%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 33.37g (11.12%), Net Carbohydrates: 32.32g (11.75%), Sugar: 29.68g (32.97%), Cholesterol: 0mg (0%), Sodium: 20.19mg (0.88%), Alcohol: 18.94g (100%), Alcohol %: 9.68% (100%), Protein: 1.13g (2.26%), Vitamin C: 17.73mg (21.49%), Vitamin A: 1040.65IU (20.81%), Iron: 1.65mg (9.18%), Potassium: 225.93mg (6.46%), Manganese: 0.13mg (6.4%), Vitamin B1: 0.1mg (6.34%), Magnesium: 22.44mg (5.61%), Copper: 0.1mg (4.93%), Fiber: 1.05g (4.18%), Vitamin B6: 0.08mg (3.86%), Vitamin B2: 0.07mg (3.83%), Vitamin B5: 0.35mg (3.52%), Folate: 11.68µg (2.92%), Calcium: 28.32mg (2.83%), Phosphorus: 26.12mg (2.61%), Vitamin B3: 0.4mg (2%), Zinc: 0.29mg (1.92%), Selenium: 0.78µg (1.12%)