



Watermelon Rum Mash



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



116 kcal

SIDE DISH

Ingredients



1.7 cups rum white to taste (or)



6 shiso leaves fresh for garnish (or mint)

Equipment



wooden spoon

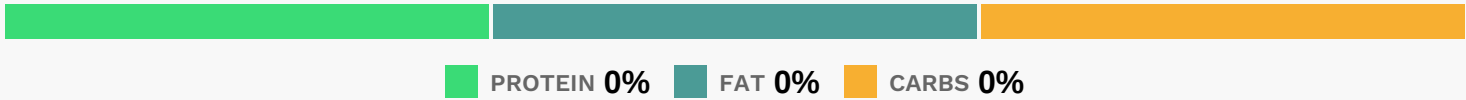
Directions



Crush shiso in the bottom of a large pitcher, using a long wooden spoon.

- ☐ Add watermelon juice and rum; stir.
- ☐ Serve over ice; garnish with shiso sprigs.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:0.078695650657882%

Nutrients (% of daily need)

Calories: 115.5kcal (5.78%), Fat: Og (0%), Saturated Fat: Og (0%), Carbohydrates: Og (0%), Net Carbohydrates: Og (0%), Sugar: Og (0%), Cholesterol: Omg (0%), Sodium: 0.5mg (0.02%), Alcohol: 16.7g (100%), Alcohol %: 41.71% (100%), Protein: Og (0%)