

Golden Mojito

Alison Ladman - Associated Press
Palm Beach Post

Servings: 1

1 teaspoon sugar
1 sprig fresh mint
2 ounces vanilla distilled rum
1 ounce freshly squeezed lime juice
club soda or seltzer water
fresh mint (for garnish)

In a cocktail shaker, muddle the sugar and mint sprig.

Add the rum and lime juice. Shake until the sugar is dissolved.

Strain into a double old fashioned glass.

Garnish with fresh mint.

Per Serving (excluding unknown items): 19 Calories; trace Fat (1.8% calories from fat); trace Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Vegetable; 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	19
% Calories from Fat:	1.8%
% Calories from Carbohydrates:	94.5%
% Calories from Protein:	3.7%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	0g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	5g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	2mg
Potassium (mg):	26mg
Calcium (mg):	11mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	231IU
Vitamin A (r.e.):	23RE

Vitamin B6 (mg):	0mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	6mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	1/2

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving

Calories 19 **Calories from Fat:** 0

% Daily Values*

Total Fat trace 0%Saturated Fat trace 0%**Cholesterol** 0mg 0%**Sodium** 2mg 0%**Total Carbohydrates** 5g 2%Dietary Fiber trace 2%**Protein** trace

Vitamin A 5%**Vitamin C** 1%**Calcium** 1%**Iron** 4%

** Percent Daily Values are based on a 2000 calorie diet.*