

Mango Mojito

Melad Stephan - Sabor Latin Grill, Wichita, KS
Scripps Treasure Coast Newspapers

Servings: 1

1/2 lime, cut into small pieces
6 large mint leaves
2 ounces simple syrup (see recipe under Beverages/ Alcoholic)
1 1/2 ounces Bacardi Limon rum
1 ounce mango puree'
splash soda

Place the mint leaves and lime into a sturdy glass. Use a muddler to crush.

Add the simple syrup and muddle again.

Add the rum, mango puree' and soda. (Do not strain the mixture.)

Pour over a glass of ice.

Garnish with lime.

Per Serving (excluding unknown items): 13 Calories; trace Fat (3.2% calories from fat); trace Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Vegetable; 0 Fruit.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	13	Vitamin B6 (mg):	trace
% Calories from Fat:	3.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	87.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	9.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	9mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0 0%
Carbohydrate (g):	4g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0

Sodium (mg): 2mg
Potassium (mg): 62mg
Calcium (mg): 23mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 11mg
Vitamin A (i.u.): 247IU
Vitamin A (r.e.): 24 1/2RE

Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving

Calories 13 Calories from Fat: 0

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	2mg	0%
Total Carbohydrates	4g	1%
	Dietary Fiber 1g	2%
Protein	trace	

Vitamin A	5%
Vitamin C	18%
Calcium	2%
Iron	5%

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