

# Mojito Refresher

*Publix Liquors*

## Servings: 1

*6 fresh mint leaves*  
*2 - 3 ounces gold rum*  
*2 teaspoons superfine sugar*  
*1 teaspoon lime juice*  
*ice*  
*club soda*  
*lime slices (for garnish)*  
*mint leaves (for garnish)*

Muddle the mint leaves in the bottom of a tall glass.

Add the rum, sugar, lime juice and ice. Stir vigorously.

Top with club soda.

Garnish with lime slices and mint leaves.

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Per Serving (excluding unknown items): 4 Calories; trace Fat (1.0% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Vegetable; 0 Fruit.

## Beverages

### Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	4	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	1.0%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	81.5%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	17.5%	<b>Riboflavin B2 (mg):</b>	trace
<b>Total Fat (g):</b>	trace	<b>Folacin (mcg):</b>	7mcg
<b>Saturated Fat (g):</b>	trace	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	trace	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	0mg	<b>% Refused:</b>	0.0%
<b>Carbohydrate (g):</b>	1g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	trace	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	trace	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	2mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	33mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	12mg	<b>Non-Fat Milk:</b>	0

**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 2mg  
**Vitamin A (i.u.):** 244IU  
**Vitamin A (r.e.):** 24 1/2RE

**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 1

### Amount Per Serving

**Calories** 4 Calories from Fat: 0

### % Daily Values\*

<b>Total Fat</b>	trace	0%
	Saturated Fat trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	2mg	0%
<b>Total Carbohydrates</b>	1g	0%
	Dietary Fiber trace	2%
<b>Protein</b>	trace	

<b>Vitamin A</b>		5%
<b>Vitamin C</b>		4%
<b>Calcium</b>		1%
<b>Iron</b>		4%

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