

# Cucumber Mojitos

Chef Brian Morris

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## Servings: 12

8 cups water

4 cucumbers, peeled and coarsely chopped

1/2 bunch fresh mint

1 1/2 cups agave syrup, honey or nature sugar

1 cup lime juice

1 bottle (750 -ML) light rum crushed ice

1/2 liter sparkling water or lemon-lime soda

Combine the water, cucumber, mint, agave and lime juice in a blender and pulse until smooth.

Strain through a sieve and discard the solids.

Combine the cucumber mixture and rum in a large pitcher. Refrigerate.

Stir well. Serve over ice with sparkling water.

*This drink may be made without the rum and served with lemon-lime soda added for children.*

Per Serving (excluding unknown items): 24 Calories; trace Fat (5.9% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit.

## Per Serving Nutritional Analysis

Calories (kcal):	24
% Calories from Fat:	5.9%
% Calories from Carbohydrates:	80.4%
% Calories from Protein:	13.7%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	5g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	7mg
Potassium (mg):	168mg
Calcium (mg):	20mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	11mg
Vitamin A (i.u.):	227IU
Vitamin A (r.e.):	22RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	15mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	5
% Refuse:	0.0%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 12

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### Amount Per Serving

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**Calories** 24 **Calories from Fat:** 1

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**% Daily Values\***

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	7mg	0%
<b>Total Carbohydrates</b>	5g	2%
Dietary Fiber	1g	4%
<b>Protein</b>	1g	
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<b>Vitamin A</b>		5%
<b>Vitamin C</b>		19%
<b>Calcium</b>		2%
<b>Iron</b>		2%

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