

Strawberry-Lemon Mojitos

Publix Aprons

8 ounces gold or aged rum
8 lemon wedges
24 mint leaves
4 strawberries
ice cubes
3 ounces fresh lemon juice
2 ounces prepared sugarcane syrup or agave nectar
crushed ice (for serving)
4 mint sprigs (for garnish) (optional)
2 halved strawberries (for garnish)
crushed ice (for serving)

In a cocktail shaker, muddle the lemon wedges with the whole strawberries and mint leaves.

Add the ice cubes, rum, lemon juice and the sugarcane syrup. Shake well.

Strain into crushed-ice-filled highball glasses.

Garnish with the berry halves and mint sprigs.

Per Serving (excluding unknown items): 57 Calories; trace Fat (3.4% calories from fat); 2g Protein; 19g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 0 Vegetable; 1 Fruit.

Beverages

Per Serving Nutritional Analysis

| | |
|--------------------------------|-------|
| Calories (kcal): | 57 |
| % Calories from Fat: | 3.4% |
| % Calories from Carbohydrates: | 87.4% |
| % Calories from Protein: | 9.2% |
| Total Fat (g): | trace |
| Saturated Fat (g): | 0g |
| Monounsaturated Fat (g): | 0g |
| Polyunsaturated Fat (g): | trace |
| Cholesterol (mg): | 0mg |
| Carbohydrate (g): | 19g |
| Dietary Fiber (g): | 3g |
| Protein (g): | 2g |
| Sodium (mg): | 10mg |

| | |
|---------------------|-------|
| Vitamin B6 (mg): | trace |
| Vitamin B12 (mcg): | 0mcg |
| Thiamin B1 (mg): | trace |
| Riboflavin B2 (mg): | trace |
| Folacin (mcg): | 51mcg |
| Niacin (mg): | trace |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Refuse: | n n% |

Food Exchanges

| | |
|-----------------|---|
| Grain (Starch): | 0 |
| Lean Meat: | 0 |
| Vegetable: | 0 |

Potassium (mg): 376mg
Calcium (mg): 75mg
Iron (mg): 3mg
Zinc (mg): trace
Vitamin C (mg): 99mg
Vitamin A (i.u.): 1020IU
Vitamin A (r.e.): 102RE

Fruit: 1
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 57 Calories from Fat: 2

% Daily Values*

| | | |
|----------------------------|-------|------|
| Total Fat | trace | 0% |
| Saturated Fat | 0g | 0% |
| Cholesterol | 0mg | 0% |
| Sodium | 10mg | 0% |
| Total Carbohydrates | 19g | 6% |
| Dietary Fiber | 3g | 14% |
| Protein | 2g | |
| <hr/> | | |
| Vitamin A | | 20% |
| Vitamin C | | 165% |
| Calcium | | 7% |
| Iron | | 17% |

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