

Cranberry Mojito

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Servings: 1

3 mint leaves
1 tablespoon Cranberry Reduction
(see recipe under Beverages/Alcoholic)
1 1/2 teaspoons fresh lime juice
ice cubes
3 tablespoons rum
lemon-lime soft drink
fresh mint sprig (for garnish)
lime slices (for garnish)

In a cocktail shaker, muddle the mint leaves, cranberry reduction and lime juice against the sides.

Add the ice cubes and rum.

Cover with a lid and shake vigorously until thoroughly chilled (about 30 seconds). Strain into a 10-ounce glass filled with ice cubes.

Top with the lemon-lime soft drink.

Garnish with a fresh mint sprig and lime slices.

Per Serving (excluding unknown items): 100 Calories; trace Fat (1.6% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Vegetable; 0 Fruit.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	100	Vitamin B6 (mg):	trace
% Calories from Fat:	1.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	86.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	11.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	4mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	96
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	1g		
Dietary Fiber (g):	trace		
	trace		

Food Exchanges

Grain (Starch):	0
	0
	2

Protein (g):
Sodium (mg): 1mg
Potassium (mg): 23mg
Calcium (mg): 7mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 3mg
Vitamin A (i.u.): 122IU
Vitamin A (r.e.): 12RE

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

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving

Calories 100 Calories from Fat: 2

% Daily Values*

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

Vitamin A	2%
Vitamin C	4%
Calcium	1%
Iron	2%

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