

# Cranberry Whiskey Sour

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## Servings: 1

3/4 ounce lemon juice  
 3/4 ounce simple syrup  
 1 1/2 ounces whiskey  
 3 ounces cranberry juice

In a rocks glass, combine the lemon juice, simple syrup and whiskey.

Stir well. Add ice. Top with cranberry juice.

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Per Serving (excluding unknown items): 176 Calories; trace Fat (0.9% calories from fat); trace Protein; 20g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1 Fruit; 1/2 Other Carbohydrates.

## Beverages

### Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	176
<b>% Calories from Fat:</b>	0.9%
<b>% Calories from Carbohydrates:</b>	98.7%
<b>% Calories from Protein:</b>	0.4%
<b>Total Fat (g):</b>	trace
<b>Saturated Fat (g):</b>	trace
<b>Monounsaturated Fat (g):</b>	trace
<b>Polyunsaturated Fat (g):</b>	trace
<b>Cholesterol (mg):</b>	0mg
<b>Carbohydrate (g):</b>	20g
<b>Dietary Fiber (g):</b>	trace
<b>Protein (g):</b>	trace
<b>Sodium (mg):</b>	3mg
<b>Potassium (mg):</b>	43mg
<b>Calcium (mg):</b>	4mg
<b>Iron (mg):</b>	trace
<b>Zinc (mg):</b>	trace
<b>Vitamin C (mg):</b>	40mg
<b>Vitamin A (i.u.):</b>	8IU
<b>Vitamin A (r.e.):</b>	1/2RE

<b>Vitamin B6 (mg):</b>	trace
<b>Vitamin B12 (mcg):</b>	0mcg
<b>Thiamin B1 (mg):</b>	trace
<b>Riboflavin B2 (mg):</b>	trace
<b>Folacin (mcg):</b>	3mcg
<b>Niacin (mg):</b>	trace
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	98
<b>% Refuse:</b>	0.0%

### Food Exchanges

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

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## Nutrition Facts

Servings per Recipe: 1

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### Amount Per Serving

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**Calories** 176 Calories from Fat: 2

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**% Daily Values\***

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	3mg	0%
<b>Total Carbohydrates</b>	20g	7%
Dietary Fiber	trace	1%
<b>Protein</b>	trace	

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<b>Vitamin A</b>	0%
<b>Vitamin C</b>	66%
<b>Calcium</b>	0%
<b>Iron</b>	1%

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