

Fruited Vodka Spritzers

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Servings: 8

juice of four limes
1/4 cup sugar
1 liter seltzer water
1 cup berry-flavored vodka
1 cup blueberries
1 cup sliced strawberries
lime twists (optional)

In a large pitcher, combine the lime juice and sugar. Stir to dissolve.

Stir in the seltzer water, vodka, blueberries and strawberries.

Pour into eight ice-filled glasses.

Garnish each with a lime twist, if desired.

Per Serving (excluding unknown items): 41 Calories; trace Fat (3.0% calories from fat); trace Protein; 10g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1/2 Fruit; 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	41	Vitamin B6 (mg):	trace
% Calories from Fat:	3.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	94.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.3%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	5mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refused:	0 0%
Carbohydrate (g):	10g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	3mg	Vegetable:	0
Potassium (mg):	51mg	Fruit:	1/2

Calcium (mg): 22mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 14mg
Vitamin A (i.u.): 24IU
Vitamin A (r.e.): 2 1/2RE

Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 41 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	3mg	0%
Total Carbohydrates	10g	3%
Dietary Fiber	1g	4%
Protein	trace	

Vitamin A	0%
Vitamin C	24%
Calcium	2%
Iron	1%

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