

Ginger-Lime Wine Coolers

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Servings: 1

3/4 cup medium-dry Riesling wine, chilled

2 tablespoons lime juice

1 tablespoon Ginger-Lime syrup (see recipe under Beverages/ Alcoholic)

ice cubes

*1/4 cup seltzer water, chilled
lime slices*

Preparation Time: 15 minutes

Stand Time: 45 minutes

In a wine or cocktail glass, stir together the wine, lime juice and Ginger-Lime syrup.

Fill the glass with ice and top with seltzer.

Garnish with lime slices.

Per Serving (excluding unknown items): 8 Calories; trace Fat (2.3% calories from fat); trace Protein; 3g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Fruit.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	8	Vitamin B6 (mg):	trace
% Calories from Fat:	2.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	93.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	4.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	3mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	3g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	trace	Vegetable:	0
Potassium (mg):	34mg	Fruit:	0
Calcium (mg):	3mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0

Zinc (mg): trace
Vitamin C (mg): 9mg
Vitamin A (i.u.): 3IU
Vitamin A (r.e.): 1/2RE

Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving

Calories 8 Calories from Fat: 0

% Daily Values*

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

Vitamin A	0%
Vitamin C	15%
Calcium	0%
Iron	0%

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