

Melon-Mint Vodka

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2 cups diced cantaloupe
4 sprigs mint
500 Milliliters vodka

Combine the ingredients in a clean one-liter jar with a lid.

Store in the refrigerator and shake daily until infused.

Infuse for four days.

Strain and discard the solids.

Can be mixed with seltzer or ginger ale.

Per Serving (excluding unknown items): 1096 Calories; trace Fat (12.2% calories from fat); 1g Protein; 2g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 11mg Sodium. Exchanges: 1/2 Vegetable.

Beverage

Per Serving Nutritional Analysis

Calories (kcal):	1096	Vitamin B6 (mg):	0mg
% Calories from Fat:	12.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	63.5%	Thiamin B1 (mg):	0mg
% Calories from Protein:	24.3%	Riboflavin B2 (mg):	0mg
Total Fat (g):	trace	Folacin (mcg):	24mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	1086
Cholesterol (mg):	0mg	% Refused:	0.0%
Carbohydrate (g):	2g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	11mg	Vegetable:	1/2

Potassium (mg): 123mg
Calcium (mg): 45mg
Iron (mg): 3mg
Zinc (mg): trace
Vitamin C (mg): 3mg
Vitamin A (i.u.): 924IU
Vitamin A (r.e.): 92 1/2RE

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

Nutrition Facts

Amount Per Serving

Calories 1096 Calories from Fat: 133

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	11mg	0%
Total Carbohydrates	2g	1%
Dietary Fiber	2g	6%
Protein	1g	
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Vitamin A		18%
Vitamin C		5%
Calcium		5%
Iron		18%

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