

Rum Sizzle

Alison Ladman - Associated Press
Palm Beach Post

Servings: 1

2 ounces blended aged rum (such as Ron Zacapa Solera Gran Reserve).
2 ounces orange juice
2 ounces pineapple juice
1/2 teaspoon orange bitters
1/2 ounce grenadine
dash hot sauce
fresh mango or pineapple (for garnish)

In a cocktail shaker filled with ice, combine all of the ingredients and shake well.

Strain into an ice-filled highball glass.

Garnish with fruit.

Per Serving (excluding unknown items): 95 Calories; trace Fat (1.5% calories from fat); 1g Protein; 23g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 1 Fruit; 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|-----------------------|-------|
| Calories (kcal): | 95 | Vitamin B6 (mg): | .1mg |
| % Calories from Fat: | 1.5% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 96.2% | Thiamin B1 (mg): | .1mg |
| % Calories from Protein: | 2.4% | Riboflavin B2 (mg): | trace |
| Total Fat (g): | trace | Folacin (mcg): | 44mcg |
| 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): | 23g | Food Exchanges | |
| Dietary Fiber (g): | trace | Grain (Starch): | 0 |
| Protein (g): | 1g | Lean Meat: | 0 |
| Sodium (mg): | 9mg | Vegetable: | 0 |
| Potassium (mg): | 198mg | Fruit: | 1 |
| Calcium (mg): | 18mg | Non-Fat Milk: | 0 |

Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 35mg
Vitamin A (i.u.): 116IU
Vitamin A (r.e.): 28 1/2RE

Fat: 0
Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving

Calories 95 Calories from Fat: 1

% Daily Values*

| | | |
|----------------------------|---------------------|----|
| Total Fat | trace | 0% |
| | Saturated Fat trace | 0% |
| Cholesterol | 0mg | 0% |
| Sodium | 9mg | 0% |
| Total Carbohydrates | 23g | 8% |
| | Dietary Fiber trace | 1% |
| Protein | 1g | |

| | |
|------------------|-----|
| Vitamin A | 2% |
| Vitamin C | 58% |
| Calcium | 2% |
| Iron | 4% |

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