

# Strawberry Lemon Spritzer

*Gather and Share  
Publix Aprons*

## Servings: 6

*2 cups fresh strawberries, sliced  
1 cup Deli lemonade  
6 mint leaves  
4 tablespoons strawberry preserves  
(optional)  
4 cups lemon-flavored sparkling  
water, chilled  
mint leaves (for garnish)  
lemon slices (for garnish)*

Slice the strawberries. Place in a large pitcher. Add the lemonade and mint leaves. Add the preserves, if using. Muddle the strawberries and preserves.

Let stand 10 minutes to release the juices.

Add three cups of ice to the pitcher. Then add the sparkling water. (Or layer the drinks in serving glasses for the best presentation.)

Garnish the drinks with mint leaves and lemon slices.

Serve.

Start to Finish Time: 10 minutes

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Per Serving (excluding unknown items): 15 Calories; trace Fat (8.8% calories from fat); trace Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Vegetable; 0 Fruit.

Beverages

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	15	<b>Vitamin B6 (mg):</b>	0mg
<b>% Calories from Fat:</b>	8.8%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	83.7%	<b>Thiamin B1 (mg):</b>	0mg
<b>% Calories from Protein:</b>	7.5%	<b>Riboflavin B2 (mg):</b>	0mg
<b>Total Fat (g):</b>	trace	<b>Folacin (mcg):</b>	10mcg
<b>Saturated Fat (g):</b>	0g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	0g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	0

<b>Cholesterol (mg):</b>	0mg
<b>Carbohydrate (g):</b>	4g
<b>Dietary Fiber (g):</b>	1g
<b>Protein (g):</b>	trace
<b>Sodium (mg):</b>	1mg
<b>Potassium (mg):</b>	86mg
<b>Calcium (mg):</b>	9mg
<b>Iron (mg):</b>	trace
<b>Zinc (mg):</b>	trace
<b>Vitamin C (mg):</b>	28mg
<b>Vitamin A (i.u.):</b>	54IU
<b>Vitamin A (r.e.):</b>	5 1/2RE

**% Daily Value** 0 0%

### Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 15 Calories from Fat: 1

#### % Daily Values\*

<b>Total Fat</b> trace	0%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 1mg	0%
<b>Total Carbohydrates</b> 4g	1%
Dietary Fiber 1g	5%
<b>Protein</b> trace	
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<b>Vitamin A</b>	1%
<b>Vitamin C</b>	47%
<b>Calcium</b>	1%
<b>Iron</b>	2%

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