

# The Oscar Blush

*Palm Beach Post*

## Servings: 1

1 ounce Jim Beam  
1 ounce Southern Comfort  
1/2 ounce peach puree<sup>1</sup>  
2 ounces cranberry juice  
2 ounces cranberry juice

Combine the ingredients in a cocktail shaker.

Add ice.

Shake and serve.

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Per Serving (excluding unknown items): 154 Calories; trace Fat (1.3% calories from fat); 0g Protein; 20g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1 Fruit.

Beverages

## Per Serving Nutritional Analysis

Calories (kcal):	154
% Calories from Fat:	1.3%
% Calories from Carbohydrates:	98.7%
% Calories from Protein:	0.0%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	20g
Dietary Fiber (g):	trace
Protein (g):	0g
Sodium (mg):	2mg
Potassium (mg):	20mg
Calcium (mg):	3mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	40mg
Vitamin A (i.u.):	5IU

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	trace
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	90
% Refused:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	1
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Vitamin A (r.e.):

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## Nutrition Facts

Servings per Recipe: 1

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### Amount Per Serving

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**Calories** 154 **Calories from Fat:** 2

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**% Daily Values\***

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	2mg	0%
<b>Total Carbohydrates</b>	20g	7%
Dietary Fiber	trace	0%
<b>Protein</b>	0g	

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<b>Vitamin A</b>	0%
<b>Vitamin C</b>	67%
<b>Calcium</b>	0%
<b>Iron</b>	1%

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