

Tomato-Tequila Fizz

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Yield: 6 cups

3/4 cup grape tomato halves
1/4 cup mint leaves, loosely packed
1 lime, cut into wedges
1/4 teaspoon Kosher salt
2 cups tequila
1/4 cup light agave nectar
1/4 cup grape tomato halves
fresh mint sprigs
4 cups chilled club soda

In a medium bowl, muddle the grape tomato halves, mint leaves, lime and Kosher salt to release the flavors.

Stir in the tequila and agave nectar. Let stand 15 minutes.

Using the back of a spoon, press the mixture through a fine wire-mesh strainer into a large container. Discard the pulp and seeds. Cover and chill for 1 to 2 hours.

Fill a large pitcher with ice cubes. Add the tomato halves and mint sprigs.

Add the chilled tomato mixture and club soda. Stir gently.

Per Serving (excluding unknown items): 1057 Calories; trace Fat (2.8% calories from fat); 1g Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 482mg Sodium. Exchanges: 0 Vegetable; 1/2 Fruit.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	1057	Vitamin B6 (mg):	trace
% Calories from Fat:	2.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	86.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	11.1%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	29mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	9g
Dietary Fiber (g):	2g
Protein (g):	1g
Sodium (mg):	482mg
Potassium (mg):	176mg
Calcium (mg):	67mg
Iron (mg):	3mg
Zinc (mg):	trace
Vitamin C (mg):	22mg
Vitamin A (i.u.):	925IU
Vitamin A (r.e.):	92 1/2RE

Alcohol (kcal): 1027
% Refuse: 0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 1057 Calories from Fat: 30

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	482mg	20%
Total Carbohydrates	9g	3%
Dietary Fiber	2g	7%
Protein	1g	
Vitamin A		18%
Vitamin C		37%
Calcium		7%
Iron		16%

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