

Watermelon Freedom

Publix Liquors

Servings: 1

ice

1 1/2 ounces watermelon vodka

1/2 ounce cranberry juice

3 ounces lemon-lime soda

watermelon wedge (for garnish)

Fill a rocks glass with ice.

Add the vodka and cranberry juice. Stir well.

Top with lemon-lime soda.

Garnish with a wedge of watermelon.

Per Serving (excluding unknown items): 42 Calories; trace Fat (0.3% calories from fat); 0g Protein; 11g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 0 Fruit; 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	42	Vitamin B6 (mg):	trace
% Calories from Fat:	0.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	99.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	trace
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:	0.0%
Carbohydrate (g):	11g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	0g	Lean Meat:	0
Sodium (mg):	10mg	Vegetable:	0
Potassium (mg):	3mg	Fruit:	0
Calcium (mg):	2mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	1/2

Vitamin C (mg): 5mg
Vitamin A (i.u.): 1IU
Vitamin A (r.e.): 0RE

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving

Calories 42 Calories from Fat: 0

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrates	11g	4%
Dietary Fiber	trace	0%
Protein	0g	
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Vitamin A		0%
Vitamin C		8%
Calcium		0%
Iron		0%

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