Belmont Jewel

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2 ounces lemonade 1 1/2 ounces bourbon 1 ounce pomegranate juice lemon twist (for garnish) In a cocktail shaker with ice, combine the lemonade, bourbon and pomegranate juice.

Shake vigorously.

Strain into a short glass filled with ice.

Garnish with a lemon twist.

Per Serving (excluding unknown items): 145 Calories; trace Fat (0.6% calories from fat); trace Protein; 10g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 1/2 Fruit; 1/2 Other Carbohydrates.