

# Sparkling Bourbon Lemonade

*dashrecipes.com*  
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## Servings: 6

*1 1/2 cups water*  
*3/4 cup sugar*  
*1 cup fresh lemon juice*  
*1/2 cup fresh orange juice*  
*1 quart cold club soda*  
*1 lemon, sliced*  
*1 orange, sliced*  
*4 fresh mint sprigs*  
*crushed ice*  
*4 - 6 shots bourbon*  
*fresh mint sprigs (for garnish)*

## Preparation Time: 10 minutes

In a saucepan over high heat, combine the water and sugar. Cook until the sugar dissolves, about 2 minutes. Pour the syrup into a bowl. Cover and refrigerate until cold, at least one hour or up to one week.

Combine the syrup, lemon juice and orange juice in a pitcher. Mix in the club soda. Add the lemon and orange slices and mint sprigs.

Fill the glasses with crushed ice. Add one shot of bourbon to each. Fill with sparkling lemonade.

Top each glass with more mint.

Start to Finish Time: 1 hour 10 minutes

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Per Serving (excluding unknown items): 407 Calories; trace Fat (0.6% calories from fat); 1g Protein; 34g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 0 Vegetable; 1/2 Fruit; 1 1/2 Other Carbohydrates.

Beverages

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	407	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	0.6%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	97.6%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	1.8%	<b>Riboflavin B2 (mg):</b>	trace
<b>Total Fat (g):</b>	trace	<b>Folacin (mcg):</b>	25mcg
<b>Saturated Fat (g):</b>	trace	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	trace	<b>Caffeine (mg):</b>	0mg

**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 34g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 1g  
**Sodium (mg):** 4mg  
**Potassium (mg):** 151mg  
**Calcium (mg):** 19mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 46mg  
**Vitamin A (i.u.):** 124IU  
**Vitamin A (r.e.):** 12 1/2RE

**Alcohol (kcal):** 278  
**% Refuse:** 0.0%

### Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 407 Calories from Fat: 2

#### % Daily Values\*

<b>Total Fat</b> trace	0%
Saturated Fat trace	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 4mg	0%
<b>Total Carbohydrates</b> 34g	11%
Dietary Fiber 1g	3%
<b>Protein</b> 1g	
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<b>Vitamin A</b>	2%
<b>Vitamin C</b>	76%
<b>Calcium</b>	2%
<b>Iron</b>	1%

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