Summer Storm

Oma Blaise Ford Better Homes and Gardens Magazine - June 2014

2 cups sweet vermouth
1 to 1-1/2 cups lime juice
2 cups ginger beer
simple syrup (optional) (see recipe in
Beverages/ Alcoholic)

In a large pitcher, combine the vermouth, lime juice and ginger beer.

If the mixture is too tart, add some simple syrup to taste.

Serve over ice.

If the mixture is too tart for your taste buds, add a little simple syrup.

Per Serving (excluding unknown items): 855 Calories; trace Fat (0.7% calories from fat); 1g Protein; 79g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 45mg Sodium. Exchanges: 1 1/2 Fruit.

Beverages

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Calories (kcal):	855	Vitamin B6 (mg):	.1mg
% Calories from Fat:	0.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	98.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.3%	Riboflavin B2 (mg):	trace
Total Fat (q):	trace	Folacin (mcg):	22mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
	trace	Alcohol (kcal):	788
Polyunsaturated Fat (g):		% Dafilea:	በ በ%
Cholesterol (mg):	0mg	Food Exchanges	
Carbohydrate (g):	79g	FOOU Excilaliyes	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	45mg	Vegetable:	0
Potassium (mg):	702mg	Fruit:	1 1/2
Calcium (mg):	50mg	Non-Fat Milk:	0
Iron (mg):	2mg	Fat:	0

Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	72mg		
Vitamin A (i.u.):	25IU		
Vitamin A (r.e.):	2 1/2RE		

Nutrition Facts

Amount Per Serving				
Calories 855	Calories from Fat: 6			
	% Daily Values*			
Total Fat trace	0%			
Saturated Fat trace	0%			
Cholesterol 0mg	0%			
Sodium 45mg	2%			
Total Carbohydrates 79g	26%			
Dietary Fiber 1g	4%			
Protein 1g				
Vitamin A	0%			
Vitamin C	120%			
Calcium	5%			
Iron	9%			

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