

The Silent Night

Publix Liquors

Servings: 1

1 ounce tequila
1 ounce blue curacao
1 ounce Triple Sec
1 ounce pineapple juice
squirt fresh lime juice

Fill a highball glass with ice.

In a shaker, mix all of the ingredients.

Pour the mixture over the ice in the glass.

Per Serving (excluding unknown items): 246 Calories; trace Fat (0.2% calories from fat); trace Protein; 20g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Fruit.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	246
% Calories from Fat:	0.2%
% Calories from Carbohydrates:	99.3%
% Calories from Protein:	0.4%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	20g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	1mg
Potassium (mg):	38mg
Calcium (mg):	5mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	3mg
Vitamin A (i.u.):	1IU

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	7mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	230
% Refused:	0.0%

Food Exchanges

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

Vitamin A (r.e.):

0RE

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving

Calories 246 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrates	20g	7%
Dietary Fiber	trace	0%
Protein	trace	

Vitamin A	0%
Vitamin C	5%
Calcium	0%
Iron	0%

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