

Blackberry L.I.T.

T.G.I. Friday's

Servings: 1

1/2 ounce vodka
1/2 ounce gin
1/2 ounce rum
1/2 ounce Triple Sec
1/4 ounce raspberry liqueur
3 blackberries
2 ounces lemon juice
lime juice
simple syrup
1 1/4 ounces lemon-lime soda
lemon wedge (for garnish)

In a cocktail shaker, mix the vodka, gin, rum, Triple Sec, Raspberry liqueur, blackberries, lemon juice, lime juice, simple syrup and lemon-lime soda.

Add ice and shake.

Pour into a glass and garnish with a lemon squeeze.

Per Serving (excluding unknown items): 422 Calories; 2g Fat (4.9% calories from fat); 3g Protein; 70g Carbohydrate; 23g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 4 Fruit; 0 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	422
% Calories from Fat:	4.9%
% Calories from Carbohydrates:	90.8%
% Calories from Protein:	4.3%
Total Fat (g):	2g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	70g
Dietary Fiber (g):	23g
Protein (g):	3g
Sodium (mg):	5mg

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	154mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	169
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0

Potassium (mg): 918mg
Calcium (mg): 143mg
Iron (mg): 3mg
Zinc (mg): 1mg
Vitamin C (mg): 117mg
Vitamin A (i.u.): 724IU
Vitamin A (r.e.): 70 1/2RE

Fruit: 4
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving

Calories 422 Calories from Fat: 21

% Daily Values*

Total Fat	2g	3%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrates	70g	23%
Dietary Fiber	23g	92%
Protein	3g	
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Vitamin A		14%
Vitamin C		195%
Calcium		14%
Iron		14%

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