

Blackberry Vanilla Vodka Lemonade (Alcoholic)

Cooking Light Magazine - August 2013

Servings: 8

3 cups fresh blackberries
6 tablespoons sugar
1/2 cup fresh lemon juice
1/2 vanilla bean, halved lengthwise
1 1/2 cups vodka

In a food processor, place the blackberries and sugar. Process until blended.

Press the mixture through a fine sieve into a pitcher. Discard the solids.

Add the lemon juice and mix well.

Scrape the seeds from 1/2 of a vanilla bean into the pitcher.

Stir in the vodka.

Serving size: about 3/4 cup.

Per Serving (excluding unknown items): 136 Calories; 0g Fat (0.0% calories from fat); trace Protein; 11g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Fruit; 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	136	Vitamin B6 (mg):	trace
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	99.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	0g	Folacin (mcg):	2mcg
Saturated Fat (g):	0g	Niacin (mg):	trace
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	96
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	11g		

Food Exchanges

Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	1mg	Vegetable:	0
Potassium (mg):	21mg	Fruit:	0
Calcium (mg):	1mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	1/2
Vitamin C (mg):	7mg		
Vitamin A (i.u.):	3IU		
Vitamin A (r.e.):	1/2RE		

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 136 Calories from Fat: 0

% Daily Values*

Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrates 11g	4%
Dietary Fiber trace	0%
Protein trace	

Vitamin A	0%
Vitamin C	12%
Calcium	0%
Iron	0%

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