

# Blackberry-Zinfandel Cobbler Cocktail

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## Servings: 1

*8 fresh blackberries, divided  
crushed ice  
1/2 cup red zinfandel wine, chilled  
1/4 cup orange juice  
2 tablespoons blackberry beverage  
flavoring syrup  
2 tablespoons orange liqueur  
fresh mint sprig*

Place four blackberries in the bottom of a twelve-ounce glass. Gently crush the blackberries with a spoon back. Fill the glass with crushed ice.

In a cocktail shaker filled with ice, combine the wine, orange juice, syrup and orange liqueur. Cover and shake until very cold. Strain the liquid into the prepared glass.

Garnish with a sprig of fresh mint and four blackberries.

Start to Finish Time: 10 minutes

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Per Serving (excluding unknown items): 134 Calories; trace Fat (1.6% calories from fat); trace Protein; 16g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Fruit.

## Beverages

### Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	134	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	1.6%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	95.8%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	2.6%	<b>Riboflavin B2 (mg):</b>	trace
<b>Total Fat (g):</b>	trace	<b>Folacin (mcg):</b>	34mcg
<b>Saturated Fat (g):</b>	trace	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	trace	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	106
<b>Cholesterol (mg):</b>	0mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	16g		
<b>Dietary Fiber (g):</b>	trace	<b>Food Exchanges</b>	
<b>Protein (g):</b>	trace	<b>Grain (Starch):</b>	0
	1mg	<b>Lean Meat:</b>	0
			0

**Sodium (mg):**  
**Potassium (mg):** 124mg  
**Calcium (mg):** 7mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 31mg  
**Vitamin A (i.u.):** 124IU  
**Vitamin A (r.e.):** 31RE

**Vegetable:**  
**Fruit:** 1/2  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 1

### Amount Per Serving

**Calories** 134 Calories from Fat: 2

### % Daily Values\*

<b>Total Fat</b>	trace	0%
	Saturated Fat trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	1mg	0%
<b>Total Carbohydrates</b>	16g	5%
	Dietary Fiber trace	0%
<b>Protein</b>	trace	

<b>Vitamin A</b>		2%
<b>Vitamin C</b>		52%
<b>Calcium</b>		1%
<b>Iron</b>		1%

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