

Bourbon Cucumber

Publix Liquors

Servings: 1

*3 thin slices cucumber
1 wedge lemon
1 ounce honey syrup (equal parts
honey and water)
1 1/4 ounces bourbon
1 ounce club soda
cucumber slice (for garnish)
lemon wedge (for garnish)*

In a shaker glass, muddle the cucumber, lemon wedge and honey syrup.

Add the bourbon and ice. Shake vigorously. Strain into an ice-filled rocks glass.

Top with club soda. Garnish with a cucumber slice and lemon wedge.

Per Serving (excluding unknown items): 218 Calories; 1g Fat (7.3% calories from fat); 7g Protein; 31g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 26mg Sodium. Exchanges: 5 1/2 Vegetable; 1/2 Fruit.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	218	Vitamin B6 (mg):	.4mg
% Calories from Fat:	7.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	75.8%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	16.8%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	1g	Folacin (mcg):	124mcg
Saturated Fat (g):	trace	Niacin (mg):	2mg
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	89
Cholesterol (mg):	0mg	% Refused:	0.0%
Carbohydrate (g):	31g	Food Exchanges	
Dietary Fiber (g):	8g	Grain (Starch):	0
Protein (g):	7g	Lean Meat:	0
Sodium (mg):	26mg	Vegetable:	5 1/2
Potassium (mg):	1386mg	Fruit:	1/2
Calcium (mg):	143mg	Non-Fat Milk:	0
Iron (mg):	3mg	Fat:	0

Zinc (mg): 2mg
 Vitamin C (mg): 79mg
 Vitamin A (i.u.): 1959IU
 Vitamin A (r.e.): 191 1/2RE

Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving

Calories 218 **Calories from Fat:** 16

% Daily Values*

Total Fat	1g	2%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	26mg	1%
Total Carbohydrates	31g	10%
Dietary Fiber	8g	31%
Protein	7g	
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Vitamin A		39%
Vitamin C		131%
Calcium		14%
Iron		15%

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