

Cherry-Almond Sparkler

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Servings: 4

*4 maraschino cherries
coarse sugar
1/2 cup Cherry Heering or other
cherry-flavor liqueur
1/2 cup amaretto or other almond-
flavor liqueur
1 1/2 cups dry sparkling wine,
chilled*

Run a cherry over the rim of four martini or wine glasses. Dip the rims in sugar to coat.

In each of the glasses, place a cherry. Divide the cherry liqueur and amaretto among the glasses.

Top with sparkling wine.

Start to Finish Time: 15 minutes

Per Serving (excluding unknown items): 292 Calories; 1g Fat (1.5% calories from fat); 1g Protein; 74g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 121mg Sodium. Exchanges: 5 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	292	Vitamin B6 (mg):	0mg
% Calories from Fat:	1.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	97.9%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.7%	Riboflavin B2 (mg):	0mg
Total Fat (g):	1g	Folacin (mcg):	0mcg
Saturated Fat (g):	trace	Niacin (mg):	0mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refused:	0 0%
Carbohydrate (g):	74g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	121mg	Vegetable:	0
Potassium (mg):	318mg	Fruit:	0
Calcium (mg):	38mg	Non-Fat Milk:	0

Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 0mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Fat: 0
Other Carbohydrates: 5

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 292 **Calories from Fat:** 4

% Daily Values*

Total Fat	1g		1%
	Saturated Fat	trace	1%
Cholesterol	0mg		0%
Sodium	121mg		5%
Total Carbohydrates	74g		25%
	Dietary Fiber	2g	9%
Protein	1g		

Vitamin A			0%
Vitamin C			0%
Calcium			4%
Iron			4%

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