

Cranberry, Maple & Rye Sour

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Servings: 1

3 tablespoons rye, bourbon or whiskey
2 tablespoons fresh lemon juice
2 tablespoons unsweetened cranberry juice
1 tablespoon maple syrup
few dashes Angosture bitters
crushed ice
2 tablespoons seltzer water
fresh cranberries (optional)

In a large measuring cup, whisk the rye, lemon juice, cranberry juice, maple syrup and bitters.

Fill a highball glass with crushed ice. Pour in the rye mixture. Top with seltzer. Stir.

Garnish with cranberries if desired.

Serve immediately.

Start to Finish Time: 10 minutes

Per Serving (excluding unknown items): 59 Calories; trace Fat (0.6% calories from fat); trace Protein; 16g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Fruit; 1 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	59	Vitamin B6 (mg):	trace
% Calories from Fat:	0.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	98.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folic acid (mcg):	4mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refused:	0.0%
Carbohydrate (g):	16g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	2mg	Vegetable:	0
Potassium (mg):	78mg	Fruit:	0

Calcium (mg): 27mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 14mg
Vitamin A (i.u.): 6IU
Vitamin A (r.e.): 1/2RE

Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 1

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving

Calories 59 Calories from Fat: 0

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	2mg	0%
Total Carbohydrates	16g	5%
	Dietary Fiber trace	0%
Protein	trace	

Vitamin A	0%
Vitamin C	23%
Calcium	3%
Iron	1%

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