

Deep Freeze Gin & Tonic

Parade Magazine - July 17, 2016

Servings: 1

2 ounces gin

1 ounce lime juice

6 ounces tonic water

1 cup ice

lime wedge (for garnish)

In a blender, combine the gin, lime juice, tonic water and ice. Blend until slushy.

Pour into a chilled lowball glass.

Garnish with a lime wedge.

Per Serving (excluding unknown items): 215 Calories; trace Fat (0.4% calories from fat); trace Protein; 18g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 15mg Sodium. Exchanges: 1 Fruit.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	215	Vitamin B6 (mg):	trace
% Calories from Fat:	0.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	98.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	2mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	149
Cholesterol (mg):	0mg	% Refuse:	0 0%
Carbohydrate (g):	18g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	15mg	Vegetable:	0
Potassium (mg):	31mg	Fruit:	1
Calcium (mg):	9mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	8mg		

Vitamin A (i.u.): 3IU
Vitamin A (r.e.): 1/2RE

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving

Calories 215 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrates	18g	6%
Dietary Fiber	trace	0%
Protein	trace	

Vitamin A	0%
Vitamin C	14%
Calcium	1%
Iron	0%

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