

# Green Garden

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## Servings: 1

4 - 5 basil leaves  
2 - 3 cucumber slices  
crushed ice  
2 ounces vodka  
1 ounce lime juice  
1/2 ounce simple syrup  
cucumber spear  
lime wheel  
basil sprig

Muddle the basil leaves and cucumber slices in a cocktail shaker.

Add the crushed ice, vodka, lime juice and simple syrup. Cover and shake for 10 seconds.

Strain into a chilled martini or gimlet glass.

Garnish with a cucumber spear, lime wheel and sprig of basil.

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Per Serving (excluding unknown items): 161 Calories; trace Fat (1.8% calories from fat); trace Protein; 8g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit; 1/2 Other Carbohydrates.

## Beverages

### Per Serving Nutritional Analysis

|                                |       |                       |       |
|--------------------------------|-------|-----------------------|-------|
| Calories (kcal):               | 161   | Vitamin B6 (mg):      | trace |
| % Calories from Fat:           | 1.8%  | Vitamin B12 (mcg):    | 0mcg  |
| % Calories from Carbohydrates: | 92.9% | Thiamin B1 (mg):      | trace |
| % Calories from Protein:       | 5.3%  | Riboflavin B2 (mg):   | trace |
| Total Fat (g):                 | trace | Folacin (mcg):        | 9mcg  |
| Saturated Fat (g):             | trace | Niacin (mg):          | trace |
| Monounsaturated Fat (g):       | trace | Caffeine (mg):        | 0mg   |
| Polyunsaturated Fat (g):       | trace | Alcohol (kcal):       | 131   |
| Cholesterol (mg):              | 0mg   | % Refuse:             | n n%  |
| Carbohydrate (g):              | 8g    | <b>Food Exchanges</b> |       |
| Dietary Fiber (g):             | 1g    | Grain (Starch):       | 0     |
| Protein (g):                   | trace | Lean Meat:            | 0     |
| Sodium (mg):                   | 2mg   | Vegetable:            | 1/2   |
| Potassium (mg):                | 108mg | Fruit:                | 0     |

**Calcium (mg):** 12mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 11mg  
**Vitamin A (i.u.):** 178IU  
**Vitamin A (r.e.):** 17 1/2RE

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

## Nutrition Facts

Servings per Recipe: 1

### Amount Per Serving

**Calories** 161 Calories from Fat: 3

### % Daily Values\*

|                            |                     |    |
|----------------------------|---------------------|----|
| <b>Total Fat</b>           | trace               | 0% |
|                            | Saturated Fat trace | 0% |
| <b>Cholesterol</b>         | 0mg                 | 0% |
| <b>Sodium</b>              | 2mg                 | 0% |
| <b>Total Carbohydrates</b> | 8g                  | 3% |
|                            | Dietary Fiber 1g    | 2% |
| <b>Protein</b>             | trace               |    |

|                  |     |
|------------------|-----|
| <b>Vitamin A</b> | 4%  |
| <b>Vitamin C</b> | 18% |
| <b>Calcium</b>   | 1%  |
| <b>Iron</b>      | 1%  |

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