

Hail Mary

Publix Aprons

Servings: 1

*1 small sprigs fresh rosemary
1 1/2 ounces bourbon (or honey
bourbon)
1/4 ounce lemon juice
1/3 ounce maple syrup
rosemary sprig (for garnish)*

Rub one rosemary sprig between the hands (to release flavor).

Fill a cocktail shaker with ice. Add the rubber rosemary, bourbon, lemon juice and maple syrup.

Shake well. Strain into an ice-filled glass.

Garnish with a rosemary sprig.

Per Serving (excluding unknown items): 29 Calories; trace Fat (3.2% calories from fat); trace Protein; 7g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 0 Fat; 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|-----------------------|-------|
| Calories (kcal): | 29 | Vitamin B6 (mg): | trace |
| % Calories from Fat: | 3.2% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 95.8% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 1.0% | Riboflavin B2 (mg): | trace |
| Total Fat (g): | trace | Folacin (mcg): | 3mcg |
| Saturated Fat (g): | trace | Niacin (mg): | trace |
| Monounsaturated Fat (g): | trace | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | trace | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 0mg | % Refuse: | n n% |
| Carbohydrate (g): | 7g | Food Exchanges | |
| Dietary Fiber (g): | trace | Grain (Starch): | 0 |
| Protein (g): | trace | Lean Meat: | 0 |
| Sodium (mg): | 1mg | Vegetable: | 0 |
| Potassium (mg): | 39mg | Fruit: | 0 |

Calcium (mg): 16mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 4mg
Vitamin A (i.u.): 51IU
Vitamin A (r.e.): 5RE

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

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving

Calories 29 Calories from Fat: 1

% Daily Values*

| | | |
|----------------------------|-------|----|
| Total Fat | trace | 0% |
| Saturated Fat | trace | 0% |
| Cholesterol | 0mg | 0% |
| Sodium | 1mg | 0% |
| Total Carbohydrates | 7g | 2% |
| Dietary Fiber | trace | 1% |
| Protein | trace | |

| | |
|------------------|----|
| Vitamin A | 1% |
| Vitamin C | 6% |
| Calcium | 2% |
| Iron | 1% |

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