

Hot Honeyed Bourbon

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Servings: 2

2 cups water
3/4 cup bourbon
1/4 cup honey
6 lemon wedges, divided
6 whole cloves
2 cinnamon sticks

In a small saucepan, combine the water, bourbon and honey. Cook and stir over medium heat until heated through. Divide between two large warmed mugs. Squeeze two lemon wedges into each mug. Mix well.

Press three cloves into each remaining lemon wedge. Add to the drink.

Garnish with cinnamon sticks.

Start to Finish Time: 10 minutes

Per Serving (excluding unknown items): 441 Calories; 4g Fat (13.9% calories from fat); 2g Protein; 60g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 62mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Fruit; 1 Fat; 2 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	441	Vitamin B6 (mg):	.3mg
% Calories from Fat:	13.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	83.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	4g	Folacin (mcg):	25mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	208
Cholesterol (mg):	0mg	% Daily Value*	n.n%
Carbohydrate (g):	60g	Food Exchanges	
Dietary Fiber (g):	14g	Grain (Starch):	1 1/2
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	62mg	Vegetable:	0

Potassium (mg): 340mg
Calcium (mg): 308mg
Iron (mg): 7mg
Zinc (mg): 1mg
Vitamin C (mg): 31mg
Vitamin A (i.u.): 147IU
Vitamin A (r.e.): 14 1/2RE

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

Nutrition Facts

Servings per Recipe: 2

Amount Per Serving

Calories 441 Calories from Fat: 61

% Daily Values*

Total Fat	4g	7%
Saturated Fat	1g	6%
Cholesterol	0mg	0%
Sodium	62mg	3%
Total Carbohydrates	60g	20%
Dietary Fiber	14g	58%
Protein	2g	

Vitamin A	3%
Vitamin C	52%
Calcium	31%
Iron	40%

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