

Long Island Ice Tea

Publix Liquors

Servings: 1

1/2 ounce vodka
1/2 ounce gin
1/2 ounce white rum
1/2 ounce tequila
1/2 tablespoon lemon juice
1/4 cup cola
2 lemon wedges

Fill a cocktail shaker with ice.

Add the vodka, gin, tequila and lemon juice.

Shake well and pour into a tall glass.

Top with cola and garnish with lemon wedges.

Per Serving (excluding unknown items): 166 Calories; trace Fat (1.0% calories from fat); trace Protein; 9g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 0 Fruit; 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	166
% Calories from Fat:	1.0%
% Calories from Carbohydrates:	96.9%
% Calories from Protein:	2.1%
Total Fat (g):	trace
Saturated Fat (g):	0g
Monounsaturated Fat (g):	0g
Polyunsaturated Fat (g):	0g
Cholesterol (mg):	0mg
Carbohydrate (g):	9g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	4mg
Potassium (mg):	31mg
Calcium (mg):	6mg
Iron (mg):	trace
Zinc (mg):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	3mcg
Niacin (mg):	trace
Caffeine (mg):	6mg
Alcohol (kcal):	135
% Refused:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	1/2

Vitamin C (mg): 11mg
Vitamin A (i.u.): 6IU
Vitamin A (r.e.): 1/2RE

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving

Calories 166 Calories from Fat: 2

% Daily Values*

Total Fat	trace	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	4mg	0%
Total Carbohydrates	9g	3%
Dietary Fiber	trace	1%
Protein	trace	

Vitamin A	0%
Vitamin C	18%
Calcium	1%
Iron	1%

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