

# Mint-Champagne Shrub

Jason Alley - Richmond, VA  
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## Servings: 8

1 1/2 cups fresh mint leaves, loosely packed  
1/3 cup superfine sugar  
1/2 cup elderflower liqueur  
1/3 cup champagne vinegar  
1/4 cup fresh lemon juice  
3 1/2 tablespoons fresh lime juice  
chilled sparkling wine  
fresh mint leaves (for garnish)

In a cocktail shaker, muddle the mint leaves and sugar to release the flavors.

Add the elderflower liqueur, champagne vinegar, lemon juice and lime juice.

Fill the shaker with ice. Cover with a lid and shake vigorously until thoroughly chilled (about 30 seconds).

Strain into eight eight-ounce glasses.

Top with the sparkling wine.

Garnish with mint leaves.

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Per Serving (excluding unknown items): 11 Calories; trace Fat (0.5% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 0 Vegetable; 0 Fruit.

## Beverages

### Per Serving Nutritional Analysis

Calories (kcal):	11	Vitamin B6 (mg):	trace
% Calories from Fat:	0.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	81.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	17.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	19mcg
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:	0 0%

**Carbohydrate (g):** 3g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 1g  
**Sodium (mg):** 5mg  
**Potassium (mg):** 95mg  
**Calcium (mg):** 35mg  
**Iron (mg):** 2mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 8mg  
**Vitamin A (i.u.):** 691IU  
**Vitamin A (r.e.):** 69RE

## Food Exchanges

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

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## Nutrition Facts

Servings per Recipe: 8

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### Amount Per Serving

**Calories** 11 **Calories from Fat:** 0

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### % Daily Values\*

<b>Total Fat</b>	trace	0%
	Saturated Fat trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	5mg	0%
<b>Total Carbohydrates</b>	3g	1%
	Dietary Fiber 1g	4%
<b>Protein</b>	1g	

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<b>Vitamin A</b>	14%
<b>Vitamin C</b>	13%
<b>Calcium</b>	3%
<b>Iron</b>	10%

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