

# Minted Bourbon-Grapefruit Smash

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## Servings: 4

*1/3 cup warm simple syrup (see Beverages/Alcoholic)*  
*2 tablespoons fresh mint leaves*  
*ice*  
*2 cups pink grapefruit juice*  
*3/4 cup bourbon*  
*4 drops aromatic bitters*  
*1 cup club soda, chilled*  
*8 grapefruit segments*

## Preparation Time: 10 minutes

### Cool: 30 minutes

In a small bowl, combine the warm simple syrup and mint leaves.

Let stand 30 minutes or until cooled.

Remove and discard the mint leaves.

Fill four highball glasses with ice. Divide the mint syrup, grapefruit juice, bourbon and bitters among the glasses.

Top each glass with club soda and garnish with grapefruit.

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Per Serving (excluding unknown items): 154 Calories; trace Fat (2.1% calories from fat); 1g Protein; 12g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 15mg Sodium. Exchanges: 0 Vegetable; 1/2 Fruit.

Beverages

## Per Serving Nutritional Analysis

Calories (kcal):	154	Vitamin B6 (mg):	.1mg
% Calories from Fat:	2.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	92.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	5.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	16mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	104
Cholesterol (mg):	0mg	% Protein:	0.0%
	12g		

## Food Exchanges

<b>Carbohydrate (g):</b>		<b>Grain (Starch):</b>	0
<b>Dietary Fiber (g):</b>	trace	<b>Lean Meat:</b>	0
<b>Protein (g):</b>	1g	<b>Vegetable:</b>	0
<b>Sodium (mg):</b>	15mg	<b>Fruit:</b>	1/2
<b>Potassium (mg):</b>	215mg	<b>Non-Fat Milk:</b>	0
<b>Calcium (mg):</b>	20mg	<b>Fat:</b>	0
<b>Iron (mg):</b>	1mg	<b>Other Carbohydrates:</b>	0
<b>Zinc (mg):</b>	trace		
<b>Vitamin C (mg):</b>	47mg		
<b>Vitamin A (i.u.):</b>	658IU		
<b>Vitamin A (r.e.):</b>	66RE		

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 154 **Calories from Fat:** 3

#### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	15mg	1%
<b>Total Carbohydrates</b>	12g	4%
Dietary Fiber	trace	1%
<b>Protein</b>	1g	
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<b>Vitamin A</b>		13%
<b>Vitamin C</b>		79%
<b>Calcium</b>		2%
<b>Iron</b>		3%

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