

# Orange Old-Fashioned

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## Servings: 1

*3 slices orange, divided*  
*2 maraschino cherries, divided*  
*1 teaspoon turbinado sugar*  
*2 drops aromatic bitters*  
*crushed ice*  
*1/4 cup bourbon*

In a large old-fashioned glass, combine two orange slices, one cherry, the sugar and the bitters. To muddle, gently crush the fruit with the back of a spoon. Remove the orange rinds and discard.

Fill the glass with ice. Add the bourbon.

Garnish with the remaining orange slice and cherry.

Start to Finish Time: 5 minutes

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Per Serving (excluding unknown items): 923 Calories; 1g Fat (1.6% calories from fat); 5g Protein; 198g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 242mg Sodium. Exchanges: 2 1/2 Fruit; 10 1/2 Other Carbohydrates.

Beverages

## Per Serving Nutritional Analysis

Calories (kcal):	923	Vitamin B6 (mg):	.2mg
% Calories from Fat:	1.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	96.1%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	2.3%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	1g	Folacin (mcg):	119mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	139
Cholesterol (mg):	0mg	% Daily Value*	n/a%
Carbohydrate (g):	198g	<b>Food Exchanges</b>	
Dietary Fiber (g):	14g	Grain (Starch):	0
Protein (g):	5g	Lean Meat:	0
Sodium (mg):	242mg	Vegetable:	0

**Potassium (mg):** 1347mg  
**Calcium (mg):** 233mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 209mg  
**Vitamin A (i.u.):** 806IU  
**Vitamin A (r.e.):** 82 1/2RE

**Fruit:** 2 1/2  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 10 1/2

## Nutrition Facts

Servings per Recipe: 1

### Amount Per Serving

**Calories** 923 Calories from Fat: 15

### % Daily Values\*

<b>Total Fat</b>	1g	2%
	Saturated Fat trace	1%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	242mg	10%
<b>Total Carbohydrates</b>	198g	66%
	Dietary Fiber 14g	56%
<b>Protein</b>	5g	
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<b>Vitamin A</b>		16%
<b>Vitamin C</b>		348%
<b>Calcium</b>		23%
<b>Iron</b>		11%

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