

Orange Whip

Publix Aprons

Servings: 1

4 ounces orange juice
1 ounce half-and-half
1 ounce vodka (or vanilla vodka)
1/2 ounce triple sec
orange slice (for garnish)

Fill a cocktail shaker with ice. Add the orange juice, half-and-half, vodka and triple sec.

Shake well until frothy. Strain into an ice-filled Collins glass.

Garnish with an orange slice.

Per Serving (excluding unknown items): 95 Calories; trace Fat (2.9% calories from fat); 1g Protein; 16g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1 Fruit.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	95	Vitamin B6 (mg):	trace
% Calories from Fat:	2.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	92.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	4.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	62mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	44
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	16g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	1mg	Vegetable:	0
Potassium (mg):	227mg	Fruit:	1
Calcium (mg):	12mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	0

Vitamin C (mg): 57mg
Vitamin A (i.u.): 227IU
Vitamin A (r.e.): 56 1/2RE

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving

Calories 95 Calories from Fat: 3

% Daily Values*

Total Fat trace 0%

Saturated Fat trace 0%

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrates 16g 5%

Dietary Fiber trace 1%

Protein 1g

Vitamin A 5%

Vitamin C 95%

Calcium 1%

Iron 1%

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