

# Peachy Bourbon Lemonade

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## Servings: 7

- 4 cups water
- 2 cups chopped peeled peaches
- 1/4 cup mint leaves
- 6 tablespoons sugar
- 1/2 cup lemon juice
- 1 cup bourbon

In a saucepan, combine the water, peaches, mint leaves and sugar. Bring to a boil. Reduce the heat and simmer for 5 minutes.

Place in the freezer for 30 minutes.

Press the mixture through a fine sieve into a pitcher. Discard the solids.

Add the lemon juice and mix well.

Stir in the bourbon.

*Serving size: 3/4 cup.*

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Per Serving (excluding unknown items): 127 Calories; 0g Fat (0.0% calories from fat); trace Protein; 12g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 1/2 Other Carbohydrates.

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	127
<b>% Calories from Fat:</b>	0.0%
<b>% Calories from Carbohydrates:</b>	98.7%
<b>% Calories from Protein:</b>	1.3%
<b>Total Fat (g):</b>	0g
<b>Saturated Fat (g):</b>	0g
<b>Monounsaturated Fat (g):</b>	0g
<b>Polyunsaturated Fat (g):</b>	0g
<b>Cholesterol (mg):</b>	0mg
<b>Carbohydrate (g):</b>	12g
<b>Dietary Fiber (g):</b>	trace
<b>Protein (g):</b>	trace
<b>Sodium (mg):</b>	6mg
<b>Potassium (mg):</b>	37mg
<b>Calcium (mg):</b>	10mg
<b>Iron (mg):</b>	trace
<b>Zinc (mg):</b>	trace
<b>Vitamin C (mg):</b>	8mg
<b>Vitamin A (i.u.):</b>	135IU
<b>Vitamin A (r.e.):</b>	13 1/2RE

<b>Vitamin B6 (mg):</b>	trace
<b>Vitamin B12 (mcg):</b>	0mcg
<b>Thiamin B1 (mg):</b>	trace
<b>Riboflavin B2 (mg):</b>	trace
<b>Folacin (mcg):</b>	6mcg
<b>Niacin (mg):</b>	trace
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	79
<b>% Refuse:</b>	0.0%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 7

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### Amount Per Serving

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**Calories** 127 **Calories from Fat:** 0

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**% Daily Values\***

<b>Total Fat</b>	0g	0%
Saturated Fat	0g	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	6mg	0%
<b>Total Carbohydrates</b>	12g	4%
Dietary Fiber	trace	1%
<b>Protein</b>	trace	
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<b>Vitamin A</b>		3%
<b>Vitamin C</b>		14%
<b>Calcium</b>		1%
<b>Iron</b>		2%

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