

Pilgrim Cocktail

Dale DeGroff - "The Craft of the Cocktail"

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Servings: 1

3/4 ounce rum
3/4 ounce white rum
1/2 ounce orange curacao
2 ounces fresh orange juice
3 dashes bitters
juice of 1/2 lime
orange zest (for garnish)

In a cocktail shaker, combine all of the ingredients. Shake well.

Strain into a cocktail glass.

Top with orange zest.

Per Serving (excluding unknown items): 124 Calories; trace Fat (3.8% calories from fat); trace Protein; 6g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Fruit.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	124
% Calories from Fat:	3.8%
% Calories from Carbohydrates:	90.3%
% Calories from Protein:	5.9%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	6g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	1mg
Potassium (mg):	114mg
Calcium (mg):	6mg
Iron (mg):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	31mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	99
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	0

Zinc (mg): trace
Vitamin C (mg): 28mg
Vitamin A (i.u.): 113IU
Vitamin A (r.e.): 11 1/2RE

Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving

Calories 124 Calories from Fat: 5

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrates	6g	2%
Dietary Fiber	trace	0%
Protein	trace	

Vitamin A	2%
Vitamin C	47%
Calcium	1%
Iron	1%

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