

Pineapple Mojito

Publix Liquors

Servings: 1

2 ounces white rum
2 teaspoons sugar
1 ounce lime juice
8 mint leaves
6 - 8 pineapple chunks
2 ounces club soda
lime slice (for garnish)

In a cocktail shaker, add the lime juice, pineapple chunks, sugar and six mint leaves. Muddle the ingredients.

Add the rum. Stir well. Pour into a tall glass filled with ice.

Garnish with the remaining mint leaves and lime slice.

Top with club soda.

Per Serving (excluding unknown items): 174 Calories; trace Fat (0.5% calories from fat); trace Protein; 12g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 15mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	174	Vitamin B6 (mg):	trace
% Calories from Fat:	0.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	96.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	3.1%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	11mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	131
Cholesterol (mg):	0mg	% Daily Value*	n.n%
Carbohydrate (g):	12g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	15mg	Vegetable:	0

Potassium (mg): 70mg
Calcium (mg): 21mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 9mg
Vitamin A (i.u.): 327IU
Vitamin A (r.e.): 32 1/2RE

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

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving

Calories 174 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrates	12g	4%
Dietary Fiber	1g	2%
Protein	trace	

Vitamin A	7%
Vitamin C	16%
Calcium	2%
Iron	5%

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