

# Red, White & Blue

*Publix Liquors*

## LAYER ONE

### INGREDIENTS

*1/2 ounce silver tequila*  
*1/2 ounce lime juice*  
*1/2 ounce agave syrup*  
*4 strawberries*

## LAYER TWO

### INGREDIENTS

*1 ounce silver tequila*  
*1/2 ounce lime juice*  
*1/2 ounce agave syrup*

## LAYER THREE

### INGREDIENTS

*1/2 ounce silver tequila*  
*1/2 ounce lime juice*  
*1/2 ounce agave syrup*  
*12 blueberries*

## GARNISH

*1/2 strawberry (for garnish)*  
*3 blueberries (for garnish)*

In separate bowls, combine each set of ingredients in advance as you'll want to blend these quickly one after the other.

Blend the ingredients of layer three and place in the base of the glass.

Blend the ingredients of layer two and layer carefully over the first base.

Blend the ingredients of layer one and layer carefully.

Garnish with half a strawberry and three blueberries.

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Per Serving (excluding unknown items): 1000 Calories; 7g Fat (5.5% calories from fat); 12g Protein; 253g Carbohydrate; 48g Dietary Fiber; 0mg Cholesterol; 105mg Sodium. Exchanges: 16 Fruit.

## Beverages

### Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	1000	<b>Vitamin B6 (mg):</b>	.6mg
<b>% Calories from Fat:</b>	5.5%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	90.2%	<b>Thiamin B1 (mg):</b>	.7mg
<b>% Calories from Protein:</b>	4.3%	<b>Riboflavin B2 (mg):</b>	.8mg
<b>Total Fat (g):</b>	7g	<b>Folacin (mcg):</b>	123mcg

**Saturated Fat (g):** 8g  
**Monounsaturated Fat (g):** 2g  
**Polyunsaturated Fat (g):** 4g  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 253g  
**Dietary Fiber (g):** 48g  
**Protein (g):** 12g  
**Sodium (mg):** 105mg  
**Potassium (mg):** 1675mg  
**Calcium (mg):** 115mg  
**Iron (mg):** 3mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 266mg  
**Vitamin A (i.u.):** 1757IU  
**Vitamin A (r.e.):** 176RE

**Niacin (mg):** 6mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0 0%

### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 16  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 1000                      **Calories from Fat:** 55

### % Daily Values\*

<b>Total Fat</b> 7g	10%
Saturated Fat 8g	41%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 105mg	4%
<b>Total Carbohydrates</b> 253g	84%
Dietary Fiber 48g	193%
<b>Protein</b> 12g	
<b>Vitamin A</b>	35%
<b>Vitamin C</b>	443%
<b>Calcium</b>	11%
<b>Iron</b>	17%

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