

Sweet and Sour Plum Quencher

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Servings: 2

1 lime
2 ounces cachaca
6 thin ginger slices
6 mint leaves
6 ounces Japanese plum sake
ice
2 ounces sparkling rose' wine
thin plum slices (for garnish)

Thinly slice the lime. Place slices in a cocktail shaker. Add the cachaca, ginger slices and mint leaves. Muddle.

Add the sake and ice to the shaker. Cover and shake for 30 seconds. Strain.

Divide the mixture evenly between two glasses. Float one ounce of sparkling rose' wine atop each serving.

Garnish with a thin plum slice.

Per Serving (excluding unknown items): 11 Calories; trace Fat (3.5% calories from fat); trace Protein; 4g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Vegetable; 0 Fruit.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	11	Vitamin B6 (mg):	trace
% Calories from Fat:	3.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	89.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	7.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	6mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	4g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
	2mg		0

Sodium (mg):
Potassium (mg): 48mg
Calcium (mg): 17mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 10mg
Vitamin A (i.u.): 125IU
Vitamin A (r.e.): 12 1/2RE

Vegetable:
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 2

Amount Per Serving

Calories 11 **Calories from Fat:** 0

% Daily Values*

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

Vitamin A		2%
Vitamin C		17%
Calcium		2%
Iron		3%

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