



THE Ultimate Guide TO

SUMMERTIME DRINKS

ForRent.com[®]
NATION'S LEADING APARTMENT RESOURCE



- 1½ oz tequila (100 cal)
- 1 oz triple sec (103 cal)
- ½ oz lime juice (10 cal)
- ½ oz simple syrup (60 cal)
- ice
- pinch of salt to the rim of the glass

Blended Margarita

273 cal



- 6 oz ginger beer (100 cal)
- 2 oz vodka (128 cal)
- ½ lime (10 cal)

Moscow Mule

238 cal



- 4 oz club soda (0 cal)
- 1½ oz white rum (100 cal)
- 1 oz simple syrup (120 cal)
- ½ lime (5 cal)
- 4 small sprigs of mint (0 cal)

Mojito

225 cal



- 1 can of cola (140 cal)
- 2 oz dark rum (128 cal)
- ½ lime (10 cal)

Cuba Libre

278 cal

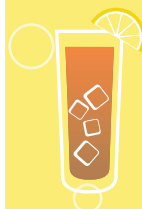


- 4 oz wine (104 cal)
- 1 oz orange liqueur or brandy (95 cal)
- 1 oz club soda (0 cal)
- several slices of fresh fruit (melon, citrus, berries, etc.)

Sangria Cup

199 cal

(without fruit)



- 3 oz brewed black tea (0 cal)
- 1½ oz vodka (100 cal)
- 1½ oz simple syrup (180 cal)
- 1½ oz lemon juice (15 cal)
- ice

Tipsy Arnold Palmer

295 cal



- ¾ oz lemon juice (10 cal)
- ¾ oz simple syrup (90 cal)
- ½ oz vodka (50 cal)
- ½ oz gin (50 cal)
- ½ oz white rum (50 cal)
- ½ oz tequila (50 cal)
- ¼ oz triple sec (26 cal)
- splash of cola (20 cal)
- ice

Long Island Iced Tea

346 cal



- 12 oz Mexican lager or beer (130 cal)
- 4 oz tomato juice (20 cal)
- 2 dashes habanero pepper sauce (0 cal)
- 1 dash worcestershire sauce (0 cal)
- 1 lime wedge (0 cal)
- pinch of salt and ground chile for rim (0 cal)

Michelada

150 cal



- 4 oz champagne (88 cal)
- 2 oz peach puree (40 cal)

Bellini

128 cal



- 6 oz grapefruit soda (75 cal)
- 2 oz tequila (133 cal)
- ½ oz lime juice (10 cal)

Paloma

218 cal



- 2½ oz bourbon (164 cal)
- ½ oz simple syrup (60 cal)
- 4 mint sprigs, leaves only (0 cal)

Mint Julep

224 cal



CALORIES

		Cals	Carbs
🍸	1.5 oz of most brands of 80-proof gin, rum, tequila, vodka or whiskey	100 (roughly)	
🍺	12 oz of light beer	70-100	5g
🍺	12 oz of regular beer	110-160	13g
🍷	5 oz of wine	130	4g
🍾	5 oz of champagne	110	3g
🍬	1 Tbsp of sugar	9	2.3g