

Alcoholic Beverages	Beverage Serving Size (ounces)	Calories
Beer	12	150
Light beer	12	110
Dark beer	12	168
Non-alcoholic beer	12	70
Distilled spirits (Scotch, vodka, bourbon, gin etc.)	1.5	100
Dry dessert wine***	5	198
Sweet dessert wine***	5	344
Red wine***	5	105
White wine***	5	100
Sparkling white wine***	5	106
Amaretto sour** (Sweet and sour mix, almond amaretto liqueur, tequila, orange juice)	6	421
B-52** (Kahlua coffee liqueur, amaretto almond liqueur, Bailey's Irish Cream)	1.5	91
Bloody Mary** (Vodka, tomato juice, lemon juice, Worcestershire sauce, Tabasco sauce, lime)	4.6	120
Chocolate martini** (Vodka, Creme de Cacao)	2.5	188
Cosmopolitan** (Vodka, Triple Sec, Rose's lime juice, cranberry juice)	2.5	131
Daiquiri** (Light rum, limes, powdered sugar)	2.7	137
Gin and tonic** (Gin, tonic water, lime)	7	189
Hurricane** (Dark rum, light rum, orange juice, pineapple juice, Grenadine, 151 proof rum, cherries, pineapple and sugar)	10.4	384
Irish coffee** (Irish whiskey, coffee, sugar, whipped cream)	10.2	159
Mai Tai** (Dark rum, light rum, sweet and sour mix, grandaine, 151 proof rum, ice)	4.9	306
Kamikaze (Vodka, Triple Sec, lime juice)	3	180
Manhattan** (Whiskey, Vermouth, Bitters)	2.1	132
Margarita** (Coarse salt, lime, white Tequila, Triple Sec, lime juice, crushed ice)	6.3	327
Martini** (Gin, dry Vermouth)	2	119
Mudslide** (Vodka, coffee liqueur, Irish cream, vanilla ice cream)	12	820
Pina colada** (Malibu rum, pineapple juice, cream)	8	312
Rum and coke****)	12	361
Screwdriver** (Vodka, orange juice)	7	208
Whiskey Sour** (Whiskey, lemon juice, powdered sugar, cherry, lemon slice)	3	125

**SOURCE: 2005 U.S. Dietary Guidelines Advisory Committee * Caloric content will vary by recipe.

Drinkmixer Web Site, drinksmixer.com *Calorie King, calorielking.com

****Recipe provided by webtender.com as "typical rum and Coke recipe." Serving size is based on t recipe and calorie information was calculated with Coca-Cola calorie information and rum.

All Information retrieved from WashingtonPost.com