

# Blackberry-Lime Punch (Alcoholic)

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## Servings: 12

6 cups blackberries  
1 cup sugar  
1/2 cup lime juice  
1/2 teaspoon bitters  
1 liter ginger ale  
1 liter seltzer  
1 1/2 cups gin

In a bowl, toss the blackberries with the sugar.  
Let sit for 30 minutes.

Puree' one-half of the blackberry mixture with the lime juice and bitters. Transfer to a punch bowl.

Add the ginger ale, seltzer and gin. Add the remaining blackberry mixture.

Serve over ice.

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Per Serving (excluding unknown items): 207 Calories; trace Fat (1.8% calories from fat); 1g Protein; 34g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 1/2 Fruit; 1 1/2 Other Carbohydrates.

Beverages

## Per Serving Nutritional Analysis

Calories (kcal):	207	Vitamin B6 (mg):	trace
% Calories from Fat:	1.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	96.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	25mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	73
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	34g	<b>Food Exchanges</b>	
Dietary Fiber (g):	4g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	7mg	Vegetable:	0
Potassium (mg):	153mg	Fruit:	1/2

**Calcium (mg):** 27mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 18mg  
**Vitamin A (i.u.):** 120IU  
**Vitamin A (r.e.):** 11 1/2RE

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

## Nutrition Facts

Servings per Recipe: 12

### Amount Per Serving

**Calories** 207 **Calories from Fat:** 4

### % Daily Values\*

<b>Total Fat</b>	trace	0%
	Saturated Fat trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	7mg	0%
<b>Total Carbohydrates</b>	34g	11%
	Dietary Fiber 4g	15%
<b>Protein</b>	1g	

<b>Vitamin A</b>	2%
<b>Vitamin C</b>	30%
<b>Calcium</b>	3%
<b>Iron</b>	3%

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