

Bubbly Champagne Punch

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Servings: 16

Yield: 3/4 cup serving

*Four and one-half cup ringmold
assorted fruit*

2 1/2 cups pineapple juice

1 1/2 cups ginger ale

2 bottles (750-ML) champagne

*1 bottle (375-ML) sweet white wine,
chilled*

*1 can (12 ounce) frozen lemonade
concentrate, thawed*

Line the ringmold with assorted fruit.

Add the pineapple juice and ginger ale. Freeze until solid.

Unmold the frozen ringmold into a punch bowl.

Stir in the champagne, wine and lemonade concentrate.

Per Serving (excluding unknown items): 33 Calories; trace Fat (0.9% calories from fat); trace Protein; 7g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1/2 Fruit; 0 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	33	Vitamin B6 (mg):	trace
% Calories from Fat:	0.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	97.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	9mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	3
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	7g		
Dietary Fiber (g):	trace	Food Exchanges	
Protein (g):	trace	Grain (Starch):	0
Sodium (mg):	2mg	Lean Meat:	0
		Vegetable:	0

Potassium (mg): 53mg
Calcium (mg): 7mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 4mg
Vitamin A (i.u.): 2IU
Vitamin A (r.e.): 0RE

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

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories 33 Calories from Fat: 0

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	2mg	0%
Total Carbohydrates	7g	2%
	Dietary Fiber trace	0%
Protein	trace	

Vitamin A	0%
Vitamin C	7%
Calcium	1%
Iron	1%

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