

# Cantaloupe Punch (Virgin)

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## Servings: 12

1 1/2 cantaloupes, divided

1/4 cup honey

2 tablespoons lime juice

1 liter seltzer

Scoop one-half of one cantaloupe into balls and freeze.

Cut the remaining cantaloupe into cubes.

Puree' the cubed cantaloupe, the honey and lime juice.

Strain the mixture into a punch bowl. Skim off the foam.

Add the seltzer and frozen cantaloupe balls.

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Per Serving (excluding unknown items): 46 Calories; trace Fat (3.4% calories from fat); 1g Protein; 12g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 1/2 Fruit; 1/2 Other Carbohydrates.

Beverages

## Per Serving Nutritional Analysis

Calories (kcal):	46
% Calories from Fat:	3.4%
% Calories from Carbohydrates:	91.6%
% Calories from Protein:	5.0%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	12g
Dietary Fiber (g):	1g
Protein (g):	1g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	12mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0

**Sodium (mg):** 7mg  
**Potassium (mg):** 220mg  
**Calcium (mg):** 8mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 30mg  
**Vitamin A (i.u.):** 2225IU  
**Vitamin A (r.e.):** 223RE

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

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## Nutrition Facts

Servings per Recipe: 12

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### Amount Per Serving

**Calories** 46 Calories from Fat: 2

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#### % 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>	12g	4%
	Dietary Fiber 1g	2%
<b>Protein</b>	1g	

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<b>Vitamin A</b>	44%
<b>Vitamin C</b>	50%
<b>Calcium</b>	1%
<b>Iron</b>	1%

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