

Cranberry Ice Cubes

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Yield: 16 ice cubes

- 1/4 cup sliced cranberries*
- 16 thin lemon rind strips*
- 5 to 6 fresh mint leaves, cut into thin strips*
- 1 can (8.4 ounce) sparkling cranberry juice*
- 1/2 cup water*

Preparation Time: 10 minutes

Divide the cranberries, lemon strips and mint among each compartment of an ice cube tray.

In a bowl, combine the cranberry juice and water. Pour into the tray.

Freeze for four hours or until firm.

Start to Finish Time: 4 hours 10 minutes

Per Serving (excluding unknown items): 2 Calories; 0g Fat (0.0% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 0 Vegetable.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	2
% Calories from Fat:	0.0%
% Calories from Carbohydrates:	72.7%
% Calories from Protein:	27.3%
Total Fat (g):	0g
Saturated Fat (g):	0g
Monounsaturated Fat (g):	0g
Polyunsaturated Fat (g):	0g
Cholesterol (mg):	0mg
Carbohydrate (g):	trace
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	5mg
Potassium (mg):	23mg
Calcium (mg):	12mg

Vitamin B6 (mg):	0mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	0mg
Folacin (mcg):	5mcg
Niacin (mg):	0mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0

Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 203IU
Vitamin A (r.e.): 20 1/2RE

Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2 Calories from Fat: 0

% Daily Values*

Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrates	trace	0%
Dietary Fiber	trace	1%
Protein	trace	
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Vitamin A		4%
Vitamin C		1%
Calcium		1%
Iron		3%

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