

Herbed Pineapple Refresher

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Servings: 6

1 four-inch piece fresh peeled ginger,
finely chopped
3 cups pineapple juice, chilled
1 cup orange juice, chilled
3 tablespoons lime juice
1/4 cup cilantro leaves, finely
chopped
fresh cilantro sprigs (for garnish)

Place the ginger, a little at a time, in a garlic press to extract the juice. Reserve the juice (should have about 1-1/2 teaspoons of juice).

In a blender or food processor, combine the ginger juice, pineapple juice, orange juice, lime juice and cilantro. Cover. Blend until nearly smooth.

Pour into glasses. Garnish with a fresh cilantro sprig. Serve immediately.

Start to Finish Time: 15 minutes

Per Serving (excluding unknown items): 91 Calories; trace Fat (1.8% calories from fat); 1g Protein; 22g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1 1/2 Fruit.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	91	Vitamin B6 (mg):	.1mg
% Calories from Fat:	1.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	95.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.1%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	52mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0 0%
Carbohydrate (g):	22g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
	1g		0

Protein (g):
Sodium (mg): 2mg
Potassium (mg): 259mg
Calcium (mg): 26mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 37mg
Vitamin A (i.u.): 90IU
Vitamin A (r.e.): 21 1/2RE

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 91 Calories from Fat: 2

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	2mg	0%
Total Carbohydrates	22g	7%
	Dietary Fiber trace	1%
Protein	1g	

Vitamin A	2%
Vitamin C	61%
Calcium	3%
Iron	2%

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