

Honeydew-Tapioca Punch (Virgin)

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Servings: 12

1 cup pearl tapioca
6 cups water
3 cans (13.5 ounce ea) unsweetened coconut milk
1 1/2 cups sugar
1 large honeydew melon, peeled and cubed
3 cups water

In a bowl, simmer the tapioca in six cups of water until soft, about 40 minutes. Drain and add to a punch bowl.

Stir in the coconut milk and sugar.

Cube the honeydew melon. Puree' one-half of the melon with three cups of water. Add to the punch bowl. Chill.

Add the remaining honeydew melon cubes.

Serve over ice.

Per Serving (excluding unknown items): 179 Calories; trace Fat (0.5% calories from fat); 1g Protein; 46g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 16mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Fruit; 1 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	179	Vitamin B6 (mg):	.1mg
% Calories from Fat:	0.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	98.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	1.1%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	7mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	46g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	1/2
	1g		0

Protein (g):
Sodium (mg): 16mg
Potassium (mg): 291mg
Calcium (mg): 13mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 26mg
Vitamin A (i.u.): 43IU
Vitamin A (r.e.): 4 1/2RE

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 179 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	16mg	1%
Total Carbohydrates	46g	15%
	Dietary Fiber 1g	3%
Protein	1g	
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Vitamin A		1%
Vitamin C		44%
Calcium		1%
Iron		2%

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