

# Lychee Punch (Alcoholic)

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## Servings: 12

3 cups lychee nectar  
1 can (20 ounce) lychees, drained  
2 cups cranberry juice  
2 cups vodka

In a punch bowl, combine the lychee nectar, lychees, cranberry juice and vodka.

Serve over ice.

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Per Serving (excluding unknown items): 110 Calories; trace Fat (1.6% calories from fat); trace Protein; 6g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Fruit.

Beverages

## Per Serving Nutritional Analysis

Calories (kcal):	110
% Calories from Fat:	1.6%
% Calories from Carbohydrates:	98.3%
% Calories from Protein:	0.1%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	6g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	1mg
Potassium (mg):	10mg
Calcium (mg):	1mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	15mg
Vitamin A (i.u.):	2IU
Vitamin A (r.e.):	0RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	trace
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	86
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

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## Nutrition Facts

Servings per Recipe: 12

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### Amount Per Serving

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**Calories** 110 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>	1mg	0%
<b>Total Carbohydrates</b>	6g	2%
Dietary Fiber	trace	0%
<b>Protein</b>	trace	

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<b>Vitamin A</b>	0%
<b>Vitamin C</b>	26%
<b>Calcium</b>	0%
<b>Iron</b>	1%

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