

Mango-Peach Sangria Punch (Alcoholic)

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Servings: 12

- 1 pound frozen peaches
- 3 cups water
- 1 bottle (750 ml) white wine
- 4 cups mango nectar
- 1 liter lemon-lime soda
- 1 1/2 cups white rum
- 1 1/2 cups peach-flavored vodka
- 1 cup orange juice
- 1/4 cup lemon juice
- 1/4 cup lime juice

In a ring mold, place the frozen peaches. Add the water. Freeze.

In a punch bowl, mix the wine, mango nectar, soda, rum, vodka, orange juice, lemon juice and lime juice.

Add the ice ring.

Per Serving (excluding unknown items): 112 Calories; trace Fat (0.8% calories from fat); trace Protein; 12g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 12mg Sodium. Exchanges: 0 Fruit; 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|-------|----------------------------|-------|
| Calories (kcal): | 112 | Vitamin B6 (mg): | trace |
| % Calories from Fat: | 0.8% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 97.6% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 1.5% | Riboflavin B2 (mg): | trace |
| Total Fat (g): | trace | Folacin (mcg): | 12mcg |
| Saturated Fat (g): | trace | Niacin (mg): | trace |
| Monounsaturated Fat (g): | trace | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | trace | Alcohol (kcal): | 66 |
| Cholesterol (mg): | 0mg | % Refused: | 0 0% |
| Carbohydrate (g): | 12g | Food Exchanges | |
| Dietary Fiber (g): | trace | Grain (Starch): | 0 |
| Protein (g): | trace | Lean Meat: | 0 |
| Sodium (mg): | 12mg | Vegetable: | 0 |
| Potassium (mg): | 57mg | Fruit: | 0 |

Calcium (mg): 6mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 14mg
Vitamin A (i.u.): 43IU
Vitamin A (r.e.): 10 1/2RE

Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 112 Calories from Fat: 1

% Daily Values*

| | | |
|----------------------------|-------|----|
| Total Fat | trace | 0% |
| Saturated Fat | trace | 0% |
| Cholesterol | 0mg | 0% |
| Sodium | 12mg | 0% |
| Total Carbohydrates | 12g | 4% |
| Dietary Fiber | trace | 0% |
| Protein | trace | |

| | |
|------------------|-----|
| Vitamin A | 1% |
| Vitamin C | 24% |
| Calcium | 1% |
| Iron | 1% |

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