

Mint-Honey Punch (Virgin)

Food Network Magazine - May 2014

4 cups water
1 cup mint leaves
10 cups water
4 cups mint sprigs
3/4 cup honey
2 tablespoons lemon juice

In a ring mold, mix four cups of water and the mint leaves. Freeze.

In a pot, bring ten cups of water, the mint sprigs and honey to a boil. Remove from the heat and let stand for 20 minutes. Strain into a punch bowl. Chill.

Add the lemon juice and the ice ring before serving.

Per Serving (excluding unknown items): 980 Calories; 0g Fat (0.0% calories from fat); 14g Protein; 248g Carbohydrate; 28g Dietary Fiber; 0mg Cholesterol; 246mg Sodium. Exchanges: 4 1/2 Vegetable; 0 Fruit; 14 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	980	Vitamin B6 (mg):	.1mg
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	94.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	5.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	0g	Folacin (mcg):	484mcg
Saturated Fat (g):	0g	Niacin (mg):	trace
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value*	n n%
Carbohydrate (g):	248g	Food Exchanges	
Dietary Fiber (g):	28g	Grain (Starch):	0
Protein (g):	14g	Lean Meat:	0
Sodium (mg):	246mg	Vegetable:	4 1/2
Potassium (mg):	2244mg	Fruit:	0

Calcium (mg): 985mg
Iron (mg): 51mg
Zinc (mg): 6mg
Vitamin C (mg): 74mg
Vitamin A (i.u.): 18364IU
Vitamin A (r.e.): 1834 1/2RE

Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 14

Nutrition Facts

Amount Per Serving

Calories 980 Calories from Fat: 0

% Daily Values*

Total Fat	0g		0%
	Saturated Fat	0g	0%
Cholesterol	0mg		0%
Sodium	246mg		10%
Total Carbohydrates	248g		83%
	Dietary Fiber	28g	111%
Protein	14g		

Vitamin A	367%
Vitamin C	124%
Calcium	98%
Iron	284%

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