

Orange Mist

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Servings: 10

*6 cups V8 100% vegetable juice
1 can (6 ounces) orange juice
concentrate, thawed
1 1/2 cups seltzer water or orange-
flavored seltzer water
ice cubes*

In a large pitcher, stir the vegetable juice and orange juice.

Add the seltzer water.

Serve over ice.

Start to Finish Time: 5 minutes

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	0	Vitamin B6 (mg):	0mg
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	0.0%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.0%	Riboflavin B2 (mg):	0mg
Total Fat (g):	0g	Folacin (mcg):	0mcg
Saturated Fat (g):	0g	Niacin (mg):	0mg
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	0g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	0g	Lean Meat:	0
Sodium (mg):	0mg	Vegetable:	0
Potassium (mg):	0mg	Fruit:	0
Calcium (mg):	0mg	Non-Fat Milk:	0
Iron (mg):	0mg	Fat:	0
Zinc (mg):	0mg	Other Carbohydrates:	0

Vitamin C (mg): 0mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 0 **Calories from Fat:** 0

% Daily Values*

Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Protein 0g	
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Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

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