

Pineapple Margarita Punch (Alcoholic)

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Servings: 12

1/2 cup water
 1/2 cup sugar
 1 bottle (750 ml) white wine
 2 cups tequila
 2 cups pineapple juice
 1/2 cup lime juice
 1/2 cup orange juice
 3 cups seltzer
 lime slices (for garnish)

In a saucepan, simmer the water and sugar until the sugar dissolves. Let cool. Transfer to a punch bowl.

In the punch bowl, add the wine, tequila, pineapple juice, lime juice and orange juice. Chill.

Add the seltzer and some lime slices.

Serve over ice.

Per Serving (excluding unknown items): 150 Calories; trace Fat (0.9% calories from fat); trace Protein; 16g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Fruit; 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	150	Vitamin B6 (mg):	trace
% Calories from Fat:	0.9%	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):	16mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	87
Cholesterol (mg):	0mg	% Refuse:	n.n%
Carbohydrate (g):	16g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	1mg	Vegetable:	0

Potassium (mg): 90mg
Calcium (mg): 10mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 13mg
Vitamin A (i.u.): 24IU
Vitamin A (r.e.): 5 1/2RE

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 150 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrates	16g	5%
	Dietary Fiber trace	0%
Protein	trace	

Vitamin A	0%
Vitamin C	21%
Calcium	1%
Iron	1%

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