

# Raspberry Champagne Punch

*dash recipes.com*  
*Dash Magazine - March 2013*

## Servings: 8

*1 container (12 ounce) frozen fruit punch, partly defrosted*  
*1 package (10 ounce) frozen raspberries, partly defrosted*  
*3 cups water*  
*1 cup orange juice*  
*2 tablespoons orange juice*  
*3 cups ginger ale*  
*1 bottle well-chilled champagne*  
*twists of lemon*

In a large pitcher, combine the fruit punch, raspberries, water, orange juice and lemon juice. Mix well.

Slowly add the ginger ale and champagne. Stir.

Pour into tall glasses and garnish each with a twist of lemon.

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Per Serving (excluding unknown items): 47 Calories; trace Fat (1.3% calories from fat); trace Protein; 12g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 1/2 Fruit; 1/2 Other Carbohydrates.

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	47
<b>% Calories from Fat:</b>	1.3%
<b>% Calories from Carbohydrates:</b>	96.7%
<b>% Calories from Protein:</b>	2.0%
<b>Total Fat (g):</b>	trace
<b>Saturated Fat (g):</b>	trace
<b>Monounsaturated Fat (g):</b>	trace
<b>Polyunsaturated Fat (g):</b>	trace
<b>Cholesterol (mg):</b>	0mg
<b>Carbohydrate (g):</b>	12g
<b>Dietary Fiber (g):</b>	trace
<b>Protein (g):</b>	trace
<b>Sodium (mg):</b>	9mg
<b>Potassium (mg):</b>	71mg
<b>Calcium (mg):</b>	8mg
<b>Iron (mg):</b>	trace
<b>Zinc (mg):</b>	trace
<b>Vitamin C (mg):</b>	17mg
<b>Vitamin A (i.u.):</b>	70IU
<b>Vitamin A (r.e.):</b>	17 1/2RE

<b>Vitamin B6 (mg):</b>	trace
<b>Vitamin B12 (mcg):</b>	0mcg
<b>Thiamin B1 (mg):</b>	trace
<b>Riboflavin B2 (mg):</b>	trace
<b>Folacin (mcg):</b>	19mcg
<b>Niacin (mg):</b>	trace
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	0
<b>% Refuse:</b>	0.0%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 8

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**Amount Per Serving**

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**Calories** 47 **Calories from Fat:** 1

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**% Daily Values\***

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<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	9mg	0%
<b>Total Carbohydrates</b>	12g	4%
Dietary Fiber	trace	0%
<b>Protein</b>	trace	

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<b>Vitamin A</b>	1%
<b>Vitamin C</b>	29%
<b>Calcium</b>	1%
<b>Iron</b>	1%

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