

# Raspberry Wine Punch (Alcoholic)

Food Network Magazine - May 2014

## Servings: 12

4 cups water  
 2 sliced oranges  
 1 bottle (750 ml) red wine  
 3 cups water  
 2 cups sugar  
 2 packages (10 ounce ea) frozen raspberries  
 1/2 cup orange juice  
 1/2 cup lemon juice  
 1/2 cup Chambord (or other raspberry liqueur)  
 2 sticks cinnamon  
 1 1/2 teaspoons vanilla  
 6 cups seltzer water  
 1 pint fresh raspberries

Place the sliced oranges in the bottom of a ring mold. Add four cups of water. Freeze.

In a saucepan over medium heat, simmer for 15 minutes the red wine, three cups of water, the sugar, frozen raspberries, orange juice, lemon juice, Chambord, cinnamon sticks and vanilla. Let cool and strain into a punch bowl.

Add the seltzer, fresh raspberries and the ice ring.

---

Per Serving (excluding unknown items): 153 Calories; trace Fat (0.9% calories from fat); trace Protein; 39g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 0 Fat; 2 Other Carbohydrates.

## Beverages

### Per Serving Nutritional Analysis

|                                |       |                     |       |
|--------------------------------|-------|---------------------|-------|
| Calories (kcal):               | 153   | Vitamin B6 (mg):    | trace |
| % Calories from Fat:           | 0.9%  | Vitamin B12 (mcg):  | 0mcg  |
| % Calories from Carbohydrates: | 98.2% | Thiamin B1 (mg):    | trace |
| % Calories from Protein:       | 0.9%  | Riboflavin B2 (mg): | trace |
| Total Fat (g):                 | trace | Folacin (mcg):      | 13mcg |
| Saturated Fat (g):             | trace | Niacin (mg):        | trace |
| Monounsaturated Fat (g):       | trace | Caffeine (mg):      | 0mg   |
| Polyunsaturated Fat (g):       | trace | Alcohol (kcal):     | 3     |
| Cholesterol (mg):              | 0mg   | % Daily Value*      | n n%  |

|                    |         |
|--------------------|---------|
| Carbohydrate (g):  | 39g     |
| Dietary Fiber (g): | 2g      |
| Protein (g):       | trace   |
| Sodium (mg):       | 8mg     |
| Potassium (mg):    | 74mg    |
| Calcium (mg):      | 40mg    |
| Iron (mg):         | 1mg     |
| Zinc (mg):         | trace   |
| Vitamin C (mg):    | 15mg    |
| Vitamin A (i.u.):  | 53IU    |
| Vitamin A (r.e.):  | 8 1/2RE |

## Food Exchanges

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

---

## Nutrition Facts

Servings per Recipe: 12

---

### Amount Per Serving

**Calories** 153 Calories from Fat: 1

---

#### % Daily Values\*

|                            |       |     |
|----------------------------|-------|-----|
| <b>Total Fat</b>           | trace | 0%  |
| Saturated Fat              | trace | 0%  |
| <b>Cholesterol</b>         | 0mg   | 0%  |
| <b>Sodium</b>              | 8mg   | 0%  |
| <b>Total Carbohydrates</b> | 39g   | 13% |
| Dietary Fiber              | 2g    | 8%  |
| <b>Protein</b>             | trace |     |

---

|                  |     |
|------------------|-----|
| <b>Vitamin A</b> | 1%  |
| <b>Vitamin C</b> | 26% |
| <b>Calcium</b>   | 4%  |
| <b>Iron</b>      | 3%  |

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