

Spicy Ginger-Lime Punch (Virgin)

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Servings: 12

7 cups water
 2 cups sliced ginger
 3 cups ginger beer
 3 cups lemon-lime soda
 crystallized ginger (for garnish)
 lime slices (for garnish)

In a pot over medium-low heat, simmer the water and sliced ginger for 20 minutes. Let cool, then strain into a punch bowl.

Add the ginger beer and lemon-lime soda.

Garnish with crystalized ginger and lime slices.

Per Serving (excluding unknown items): 25 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 6g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 11mg Sodium. Exchanges: 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	25	Vitamin B6 (mg):	0mg
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	100.0%	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):	6g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	0g	Lean Meat:	0
Sodium (mg):	11mg	Vegetable:	0
Potassium (mg):	1mg	Fruit:	0
Calcium (mg):	4mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	1/2

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 25 **Calories from Fat:** 0

% Daily Values*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 11mg 0%

Total Carbohydrates 6g 2%

Dietary Fiber 0g 0%

Protein 0g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 0%

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