

Tangerine-Ginger Punch (Alcoholic)

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Servings: 12

6 cups tangerine juice
 2 bottles (12 ounce ea) ginger beer
 1 1/2 cups Cointreau (or other orange liqueur)
 tangerine slices (for garnish)
 lemon slices (for garnish)

In a punch bowl, mix the tangerine juice, ginger beer and Cointreau.

Add some tangerine and lemon slices for garnish.

Per Serving (excluding unknown items): 53 Calories; trace Fat (4.0% calories from fat); 1g Protein; 12g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Fruit.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	53	Vitamin B6 (mg):	.1mg
% Calories from Fat:	4.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	91.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	4.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	6mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	12g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	1mg	Vegetable:	0
Potassium (mg):	220mg	Fruit:	1/2
Calcium (mg):	22mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	38mg		

Vitamin A (i.u.): 519IU
Vitamin A (r.e.): 52RE

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 53 Calories from Fat: 2

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrates	12g	4%
Dietary Fiber	trace	1%
Protein	1g	
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Vitamin A		10%
Vitamin C		64%
Calcium		2%
Iron		1%

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