

Virgin Sangria Punch

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Servings: 12

4 cups hot and strong hibiscus tea
 1/2 cup sugar
 6 juniper berries, crushed
 4 cups assorted sliced fruit (such as apples, oranges and lemons)
 2 cups orange juice
 2 cups lemon-lime soda

In a bowl, mix the hibiscus tea, sugar and juniper berries. Let cool.

In a punch bowl, combine the tea mixture, sliced fruit, orange juice and soda.

Serve over ice.

Per Serving (excluding unknown items): 67 Calories; trace Fat (1.1% calories from fat); trace Protein; 17g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 1/2 Fruit; 1 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	67
% Calories from Fat:	1.1%
% Calories from Carbohydrates:	97.3%
% Calories from Protein:	1.7%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	17g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	5mg
Potassium (mg):	83mg
Calcium (mg):	5mg
Iron (mg):	trace
Zinc (mg):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	23mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	n n%

Food Exchanges

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

Vitamin C (mg): 21mg
 Vitamin A (i.u.): 83IU
 Vitamin A (r.e.): 20 1/2RE

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 67 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrates	17g	6%
	Dietary Fiber trace	0%
Protein	trace	
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Vitamin A		2%
Vitamin C		34%
Calcium		1%
Iron		1%

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