

# White Sangria Punch (Alcoholic)

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## Servings: 12

1 bottle (750 ml) white wine  
3 cups ginger ale  
2 sliced peaches  
1/2 cup sugar  
1/2 cup vodka  
1/2 cup elderflower liqueur  
2 pints raspberries  
2 cups assorted sliced fruit (such as plums, oranges and apples).

In a punch bowl, mix the wine, ginger ale, peaches, sugar, vodka, elderflower liqueur and raspberries.

Add the sliced fruit. Let sit for two hours. Stir,

Serve over ice.

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Per Serving (excluding unknown items): 109 Calories; trace Fat (2.4% calories from fat); 1g Protein; 22g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 1/2 Fruit; 1 Other Carbohydrates.

## Beverages

### Per Serving Nutritional Analysis

Calories (kcal):	109	Vitamin B6 (mg):	trace
% Calories from Fat:	2.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	95.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	12mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	23
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	22g	<b>Food Exchanges</b>	
Dietary Fiber (g):	3g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	5mg	Vegetable:	0
Potassium (mg):	123mg	Fruit:	1/2
Calcium (mg):	13mg	Non-Fat Milk:	0

**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 12mg  
**Vitamin A (i.u.):** 206IU  
**Vitamin A (r.e.):** 21RE

**Fat:** 0  
**Other Carbohydrates:** 1

## Nutrition Facts

Servings per Recipe: 12

### Amount Per Serving

**Calories** 109 Calories from Fat: 3

### % Daily Values\*

<b>Total Fat</b>	trace	0%
	Saturated Fat trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	5mg	0%
<b>Total Carbohydrates</b>	22g	7%
	Dietary Fiber 3g	14%
<b>Protein</b>	1g	

<b>Vitamin A</b>		4%
<b>Vitamin C</b>		21%
<b>Calcium</b>		1%
<b>Iron</b>		2%

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