

# Coconut Punch (Alcoholic)

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## Servings: 12

2 cans (13.5 ounce ea) unsweetened coconut milk  
 1 cup sugar  
 1 cup water  
 1 liter ginger ale  
 4 cups guava nectar  
 4 cups passion fruit nectar  
 4 cups orange juice  
 2 cups coconut rum  
 diced mangoes (for garnish)

In a ring mold, mix the coconut milk, sugar and water. Freeze.

In a punch bowl, mix the ginger ale, guava nectar, passion fruit nectar, orange juice and coconut rum.

Add the ice ring and some diced mangoes for garnish.

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Per Serving (excluding unknown items): 131 Calories; trace Fat (1.1% calories from fat); 1g Protein; 33g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 1/2 Fruit; 1 1/2 Other Carbohydrates.

Beverages

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	131	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	1.1%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	97.2%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	1.7%	<b>Riboflavin B2 (mg):</b>	trace
<b>Total Fat (g):</b>	trace	<b>Folacin (mcg):</b>	45mcg
<b>Saturated Fat (g):</b>	trace	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	trace	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	0mg	<b>% Refuse:</b>	n n%
<b>Carbohydrate (g):</b>	33g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	trace	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	1g	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	8mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	167mg	<b>Fruit:</b>	1/2

**Calcium (mg):** 12mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 41mg  
**Vitamin A (i.u.):** 165IU  
**Vitamin A (r.e.):** 41 1/2RE

**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 1 1/2

## Nutrition Facts

Servings per Recipe: 12

### Amount Per Serving

**Calories** 131 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>	33g	11%
	Dietary Fiber trace	1%
<b>Protein</b>	1g	

<b>Vitamin A</b>	3%
<b>Vitamin C</b>	69%
<b>Calcium</b>	1%
<b>Iron</b>	2%

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