

Blood Orange Punch (Virgin)

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Servings: 12

3 cans (11 ounce ea) blood orange
soda

4 cups grapefruit juice
orange slices (for garnish)

In a punch bowl, mix the blood orange soda and
grapefruit juice.

Add some orange slices for garnish.

Per Serving (excluding unknown
items): 32 Calories; trace Fat (2.2%
calories from fat); trace Protein; 8g
Carbohydrate; trace Dietary Fiber;
0mg Cholesterol; 1mg Sodium.
Exchanges: 1/2 Fruit.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	32
% Calories from Fat:	2.2%
% Calories from Carbohydrates:	92.8%
% Calories from Protein:	5.0%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	8g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	1mg
Potassium (mg):	133mg
Calcium (mg):	7mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	31mg
Vitamin A (i.u.):	362IU
Vitamin A (r.e.):	36RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	8mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 32 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrates	8g	3%
Dietary Fiber	trace	1%
Protein	trace	
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Vitamin A		7%
Vitamin C		52%
Calcium		1%
Iron		1%

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