

Cran-Strawberry Punch (Virgin)

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Servings: 12

6 cups seedless watermelon, cubed

4 cups strawberries, sliced

2 cups cranberry juice

2 cups lemon-lime soda

3 apples, thinly sliced

In a blender, puree the watermelon. Strain into a ring mold. Freeze.

In a bowl, mix the strawberries, cranberry juice, lemon-lime soda and the sliced apples.

Add the ice ring.

Per Serving (excluding unknown items): 76 Calories; trace Fat (3.7% calories from fat); trace Protein; 19g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 1 Fruit; 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	76	Vitamin B6 (mg):	trace
% Calories from Fat:	3.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	94.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.8%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	10mcg
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):	19g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	6mg	Vegetable:	0
Potassium (mg):	129mg	Fruit:	1
Calcium (mg):	11mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	1/2

Vitamin C (mg): 45mg
Vitamin A (i.u.): 33IU
Vitamin A (r.e.): 3 1/2RE

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 76 Calories from Fat: 3

% Daily Values*

Total Fat	trace	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	6mg	0%
Total Carbohydrates	19g	6%
Dietary Fiber	2g	8%
Protein	trace	

Vitamin A	1%
Vitamin C	75%
Calcium	1%
Iron	2%

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