

Creamy Berry Citrus Punch

*All-Time Favorites Volume 6
Better Homes and Gardens Magazine*

Servings: 16

*2 cups refrigerated limeade
2 cups white cranberry juice
1 pint orange sherbet
1 pint raspberry sherbet
1 two-liter bottle lemon-lime
carbonated beverage, chilled
lime slices (for garnish)
lemon slices (for garnish)
orange slices (for garnish)*

In a punch bowl or extra-large pitcher, stir together the limeade and cranberry juice.

Cover and chill until ready to serve, up to twenty-four hours.

Just before serving, top with scoops of orange and raspberry sherbet. Slowly pour the carbonated beverage down the side of the bowl. Stir gently to muddle.

Top with the fruit slices.

Per Serving (excluding unknown items): 34 Calories; trace Fat (12.4% calories from fat); trace Protein; 7g Carbohydrate; 0g Dietary Fiber; 1mg Cholesterol; 11mg Sodium. Exchanges: 0 Fat; 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	34	Vitamin B6 (mg):	trace
% Calories from Fat:	12.4%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	84.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	3.1%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	1mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	1mg	% Refused:	n n%
Carbohydrate (g):	7g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0
	trace		0

Protein (g):
Sodium (mg): 11mg
Potassium (mg): 16mg
Calcium (mg): 13mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 23IU
Vitamin A (r.e.): 3 1/2RE

Lean Meat:
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories 34 **Calories from Fat:** 4

% Daily Values*

Total Fat	trace	1%
	Saturated Fat trace	1%
Cholesterol	1mg	0%
Sodium	11mg	0%
Total Carbohydrates	7g	2%
	Dietary Fiber 0g	0%
Protein	trace	

Vitamin A	0%
Vitamin C	1%
Calcium	1%
Iron	0%

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