

Pineapple-Pomegranate Punch (Virgin)

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Servings: 12

6 cups pineapple juice
3 cups lemon-lime soda
1 cup pomegranate juice
pomegranate seeds

In a punch bowl, mix the pineapple juice, soda and pomegranate juice.

Add some pomegranate seeds.

Serve over ice.

Per Serving (excluding unknown items): 95 Calories; trace Fat (0.9% calories from fat); trace Protein; 24g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 1 Fruit; 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	95	Vitamin B6 (mg):	.1mg
% Calories from Fat:	0.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	97.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	1.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	29mcg
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:	0 0%
Carbohydrate (g):	24g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	8mg	Vegetable:	0
Potassium (mg):	168mg	Fruit:	1
Calcium (mg):	22mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	1/2
Vitamin C (mg):	14mg		

Vitamin A (i.u.): 6IU
Vitamin A (r.e.): 1/2RE

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 95 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	8mg	0%
Total Carbohydrates	24g	8%
Dietary Fiber	trace	1%
Protein	trace	

Vitamin A	0%
Vitamin C	23%
Calcium	2%
Iron	2%

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