

# Red Sangria Punch (Alcoholic)

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## Servings: 12

1 bottle (750 ml) red wine  
 1 1/2 cups orange juice  
 1 1/2 cups pomegranate juice  
 1 1/2 cups lemon-lime soda  
 3/4 cup rum  
 3 sliced plums  
 2 sliced oranges  
 1 sliced green apple

In a punch bowl, mix the red wine, orange juice, pomegranate juice, soda and rum.

Add the plums, oranges and apple. Let sit for two hours.

Serve over ice.

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Per Serving (excluding unknown items): 100 Calories; trace Fat (4.4% calories from fat); 1g Protein; 16g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 1 Fruit; 0 Other Carbohydrates.

Beverages

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	100	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	4.4%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	91.6%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	3.9%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	trace	<b>Folacin (mcg):</b>	18mcg
<b>Saturated Fat (g):</b>	trace	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	trace	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	34
<b>Cholesterol (mg):</b>	0mg	<b>% Refused:</b>	0.0%
<b>Carbohydrate (g):</b>	16g		
<b>Dietary Fiber (g):</b>	1g	<b>Food Exchanges</b>	
<b>Protein (g):</b>	1g	<b>Grain (Starch):</b>	0
<b>Sodium (mg):</b>	9mg	<b>Lean Meat:</b>	0
<b>Potassium (mg):</b>	200mg	<b>Vegetable:</b>	0
<b>Calcium (mg):</b>	10mg	<b>Fruit:</b>	1
<b>Iron (mg):</b>	trace	<b>Non-Fat Milk:</b>	0
		<b>Fat:</b>	0

Zinc (mg): trace  
Vitamin C (mg): 19mg  
Vitamin A (i.u.): 195IU  
Vitamin A (r.e.): 28 1/2RE

Other Carbohydrates: 0

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## Nutrition Facts

Servings per Recipe: 12

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### Amount Per Serving

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**Calories** 100 Calories from Fat: 4

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**% Daily Values\***

<b>Total Fat</b>	trace	1%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	9mg	0%
<b>Total Carbohydrates</b>	16g	5%
Dietary Fiber	1g	3%
<b>Protein</b>	1g	
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<b>Vitamin A</b>		4%
<b>Vitamin C</b>		32%
<b>Calcium</b>		1%
<b>Iron</b>		2%

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