

Beer-Lemonade Punch (Alcoholic)

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Servings: 12

1 1/2 cups lemonade
 1 bottle (12 ounce) beer
 2 lemons, sliced
 3 bottles (12 ounce ea) beer
 4 1/4 cups lemonade
 1 1/2 cups bourbon

Place the sliced lemon in the bottom of an ice mold. Add one and one-half cups lemonade and one bottle of beer. Freeze.

In a punch bowl, mix three bottles of beer, four and one-quarter cups of lemonade and the bourbon.

Add the ice ring.

Per Serving (excluding unknown items): 169 Calories; trace Fat (0.3% calories from fat); trace Protein; 18g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 13mg Sodium. Exchanges: 0 Fruit; 1 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	169	Vitamin B6 (mg):	.1mg
% Calories from Fat:	0.3%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	97.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	10mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	118
Cholesterol (mg):	0mg	% Refused:	0.0%
Carbohydrate (g):	18g		
Dietary Fiber (g):	trace	Food Exchanges	
Protein (g):	trace	Grain (Starch):	0
Sodium (mg):	13mg	Lean Meat:	0
Potassium (mg):	61mg	Vegetable:	0
Calcium (mg):	43mg	Fruit:	0
		Non-Fat Milk:	0

Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 9mg
Vitamin A (i.u.): 3IU
Vitamin A (r.e.): 1/2RE

Fat: 0
Other Carbohydrates: 1

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 169 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	13mg	1%
Total Carbohydrates	18g	6%
	Dietary Fiber trace	1%
Protein	trace	

Vitamin A		0%
Vitamin C		15%
Calcium		4%
Iron		1%

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