

Bourbon-Tea Punch

Lana J. Tabb - Lakeland, FL
Southern Living - 1987 Annual Recipes

Yield: 5 1/2 quarts

2 cups water
3 regular tea bags
3 to 4 cups bourbon
2 cups orange juice
1 cup sugar
1 cup lemon juice
1 cup Curacao or other orange-flavored liqueur
3 bottles (33.8 ounce ea) club soda, chilled

Bring the water to a boil. Pour over the tea bags. Cover and let stand for 15 minutes. Discard the tea bags.

Add the bourbon, orange juice, sugar, lemon juice and Curacao, stirring until the sugar dissolves.

To serve, pour over a decorated ice ring in a punch bowl.

Add the club soda.

Per Serving (excluding unknown items): 1267 Calories; 1g Fat (0.8% calories from fat); 4g Protein; 272g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 43mg Sodium. Exchanges: 5 1/2 Fruit; 13 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	1267	Vitamin B6 (mg):	.3mg
% Calories from Fat:	0.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	97.6%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	1.6%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	1g	Folacin (mcg):	304mcg
Saturated Fat (g):	trace	Niacin (mg):	2mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	208
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	272g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
	4g		0

Protein (g):
Sodium (mg): 43mg
Potassium (mg): 1302mg
Calcium (mg): 88mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 360mg
Vitamin A (i.u.): 1041IU
Vitamin A (r.e.): 253RE

Lean Meat:
Vegetable: 0
Fruit: 5 1/2
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 13 1/2

Nutrition Facts

Amount Per Serving

Calories 1267 Calories from Fat: 10

% Daily Values*

Total Fat	1g	2%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	43mg	2%
Total Carbohydrates	272g	91%
Dietary Fiber	2g	8%
Protein	4g	
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Vitamin A		21%
Vitamin C		600%
Calcium		9%
Iron		7%

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