# Cranberry-Hibiscus Spritzer

*Melissa Knific*
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**Servings: 8**

*2 1/2 cups water*
*1/4 cup + two tablespoons sugar*
*2 hibiscus tea bags*
*1 cup unsweetened cranberry juice, chilled*
*1 bottle (750 ML) dry sparkling wine, chilled*
*2 cups ice*
*1 cup frozen cranberries (for garnish and to keep the punch cold)*

**Preparation Time: 5 minutes**

In a small lidded pot, bring the water and sugar to a boil.  Turn off the heat.

Add the tea bags.  Cover and steep for 4 minutes.  Cool.

In a medium punch bowl, combine the cooled tea, cranberry juice, sparkling wine and ice.  Stir.

Pour in the frozen cranberries.  Serve cold.

Per Serving (excluding unknown items): 24 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 6g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 1/2 Other Carbohydrates.

Beverages

## Per Serving Nutritional Analysis

| | | | |
|---|---|---|---|
| **Calories (kcal):** | 24 | **Vitamin B6 (mg):** | 0mg |
| **% Calories from Fat:** | 0.0% | **Vitamin B12 (mcg):** | 0mcg |
| **% Calories from Carbohydrates:** | 100.0% | **Thiamin B1 (mg):** | 0mg |
| **% Calories from Protein:** | 0.0% | **Riboflavin B2 (mg):** | trace |
| **Total Fat (g):** | 0g | **Folacin (mcg):** | 0mcg |
| **Saturated Fat (g):** | 0g | **Niacin (mg):** | 0mg |
| **Monounsaturated Fat (g):** | 0g | **Caffeine (mg):** | 0mg |
| **Polyunsaturated Fat (g):** | 0g | **Alcohol (kcal):** | 0 |
| **Cholesterol (mg):** | 0mg | **% Refuse:** | 0.0% |
| **Carbohydrate (g):** | 6g | | |
| **Dietary Fiber (g):** | 0g | **Food Exchanges** | |
| **Protein (g):** | 0g | **Grain (Starch):** | 0 |
| | | **Lean Meat:** | 0 |

| | | | | |
|---|---|---|---|---|
| **Sodium (mg):** | 4mg | **Vegetable:** | | 0 |
| **Potassium (mg):** | trace | **Fruit:** | | 0 |
| **Calcium (mg):** | 3mg | **Non-Fat Milk:** | | 0 |
| **Iron (mg):** | trace | **Fat:** | | 0 |
| **Zinc (mg):** | trace | **Other Carbohydrates:** | | 1/2 |
| **Vitamin C (mg):** | 0mg | | | |
| **Vitamin A (i.u.):** | 0IU | | | |
| **Vitamin A (r.e.):** | 0RE | | | |

# Nutrition Facts

Servings per Recipe: 8

**Amount Per Serving**

**Calories**   24                    Calories from Fat: 0

|  | % Daily Values* |
|---|---|
| **Total Fat**   0g | 0% |
| Saturated Fat   0g | 0% |
| **Cholesterol**   0mg | 0% |
| **Sodium**   4mg | 0% |
| **Total Carbohydrates**   6g | 2% |
| Dietary Fiber   0g | 0% |
| **Protein**   0g | |

| | |
|---|---|
| **Vitamin A** | 0% |
| **Vitamin C** | 0% |
| **Calcium** | 0% |
| **Iron** | 0% |

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