

# Holiday Champagne Punch

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**Servings: 16**

**Yield: 64 ounces**

*1 can (20 ounce) pineapple chunks in juice*

*1 bottle (750 ml) dry white wine, chilled*

*1 bottle (750 ml) champagne, chilled*

*1/4 cup lemon juice*

*16 cubes sugar*

*4 strawberries, trimmed and quartered*

*1 fresh kiwi fruit, peeled, sliced and quartered*

Drain the pineapple, reserving 3/4 cup of juice.

In a large pitcher or punch bowl, stir together the reserved pineapple juice, wine, champagne and lemon juice.

Place a sugar cube in each glass. Pour the punch over each cube.

Serve with small skewers of cut-up strawberries, kiwi fruit and pineapple.

Start to Finish Time: 25 minutes

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Per Serving (excluding unknown items): 788 Calories; trace Fat (0.0% calories from fat); trace Protein; 203g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Fruit; 13 1/2 Other Carbohydrates.

Beverages

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	788
<b>% Calories from Fat:</b>	0.0%
<b>% Calories from Carbohydrates:</b>	99.9%
<b>% Calories from Protein:</b>	0.0%
<b>Total Fat (g):</b>	trace
<b>Saturated Fat (g):</b>	trace
<b>Monounsaturated Fat (g):</b>	trace
<b>Polyunsaturated Fat (g):</b>	trace
<b>Cholesterol (mg):</b>	0mg
<b>Carbohydrate (g):</b>	203g
<b>Dietary Fiber (g):</b>	trace

<b>Vitamin B6 (mg):</b>	trace
<b>Vitamin B12 (mcg):</b>	0mcg
<b>Thiamin B1 (mg):</b>	trace
<b>Riboflavin B2 (mg):</b>	trace
<b>Folacin (mcg):</b>	2mcg
<b>Niacin (mg):</b>	trace
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	3
<b>% Refuse:</b>	0.0%

## Food Exchanges

<b>Grain (Starch):</b>	0
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**Protein (g):** trace  
**Sodium (mg):** 2mg  
**Potassium (mg):** 34mg  
**Calcium (mg):** 5mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 5mg  
**Vitamin A (i.u.):** 8IU  
**Vitamin A (r.e.):** 1RE

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

## Nutrition Facts

Servings per Recipe: 16

### Amount Per Serving

**Calories** 788 Calories from Fat: 0

#### % Daily Values\*

<b>Total Fat</b>	trace	0%
	Saturated Fat trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	2mg	0%
<b>Total Carbohydrates</b>	203g	68%
	Dietary Fiber trace	1%
<b>Protein</b>	trace	

<b>Vitamin A</b>	0%
<b>Vitamin C</b>	8%
<b>Calcium</b>	1%
<b>Iron</b>	1%

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