

Holiday Cranberry Citrus Punch

Winn-Dixie Liquor Stores

2 cups cranberry juice
3/8 cup white sugar
4 star anise
2 sticks cinnamon
2 cups ice cubes
1 cup frozen cranberries
2/3 cup vodka
2/3 cup white rum
2/3 cup citrus liqueur
1 orange, sliced
1 lemon, sliced
1 starfruit, sliced

Pour the cranberry juice into a saucepan. Add the sugar, star anise and cinnamon sticks. Bring to a boil. Reduce the heat. Simmer for 2 minutes. Remove from the heat and cool.

Place the ice cubes and cranberries in a punch bowl. Pour in the vodka, rum and citrus liqueur.

Once cooled, add the juice mixture and stir with a spoon.

Pour into punch glasses and garnish each with orange, lemon and starfruit slices.

Per Serving (excluding unknown items): 1196 Calories; 6g Fat (8.9% calories from fat); 8g Protein; 126g Carbohydrate; 18g Dietary Fiber; 0mg Cholesterol; 38mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 6 Fruit; 1 Fat.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	1196	Vitamin B6 (mg):	.4mg
% Calories from Fat:	8.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	85.9%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	5.2%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	6g	Folacin (mcg):	66mcg
Saturated Fat (g):	1g	Niacin (mg):	2mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	678
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	126g		
Dietary Fiber (g):	18g		
Protein (g):	8g		

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	1/2

Sodium (mg): 38mg
Potassium (mg): 1024mg
Calcium (mg): 436mg
Iron (mg): 17mg
Zinc (mg): 2mg
Vitamin C (mg): 308mg
Vitamin A (i.u.): 798IU
Vitamin A (r.e.): 77 1/2RE

Vegetable: 0
Fruit: 6
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1196 Calories from Fat: 106

% Daily Values*

Total Fat	6g		9%
	Saturated Fat	1g	3%
Cholesterol	0mg		0%
Sodium	38mg		2%
Total Carbohydrates	126g		42%
	Dietary Fiber	18g	72%
Protein	8g		

Vitamin A			16%
Vitamin C			514%
Calcium			44%
Iron			94%

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