

Patriotic Punch

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Scripps Treasure Coast Newspapers

Servings: 6

1 cup strawberries slices
1/2 cup blueberries
1/2 fresh pineapple, peeled, cored and cut into chunks
1 bottle (750 ml) white wine (such as pinot grigio, riesling, sauvignon blanc) or apple juice
lime seltzer (or 7-Up for a sweeter version)

In a two-quart pitcher, place the strawberries, blueberries and pineapple.

Add the wine (or juice, if using)

Refrigerate up to eight hours.

To serve, pour the punch into glasses and spoon in the fruit.

Top with the lime seltzer.

Per Serving (excluding unknown items): 26 Calories; trace Fat (6.6% calories from fat); trace Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Fruit.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	26
% Calories from Fat:	6.6%
% Calories from Carbohydrates:	90.2%
% Calories from Protein:	3.2%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	7g
Dietary Fiber (g):	1g
Protein (g):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	5mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0

Sodium (mg): 1mg
Potassium (mg): 55mg
Calcium (mg): 3mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 8mg
Vitamin A (i.u.): 21IU
Vitamin A (r.e.): 2RE

Vegetable: 0
Fruit: 1/2
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 26 Calories from Fat: 2

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrates	7g	2%
	Dietary Fiber 1g	3%
Protein	trace	

Vitamin A	0%
Vitamin C	13%
Calcium	0%
Iron	1%

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