

Pomegranate Punch

Publix Liquors

Servings: 1

ice

1 1/2 ounces white rum

1 ounce pomegranate juice

1 1/2 ounces apple juice

1/4 ounce fresh lime juice

2 ounces ginger ale

lime slice (for garnish)

Fill a shaker glass with ice.

Add the rum, pomegranate juice, apple juice and lime juice.

Shake well. Strain into an ice-filled rocks glass.

Top with ginger ale.

Garnish with a lime slice.

Per Serving (excluding unknown items): 156 Calories; trace Fat (1.2% calories from fat); trace Protein; 15g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 1/2 Fruit; 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	156	Vitamin B6 (mg):	.1mg
% Calories from Fat:	1.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	97.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.3%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	1mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	98
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	15g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	9mg	Vegetable:	0
Potassium (mg):	119mg	Fruit:	1/2

Calcium (mg): 9mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 2mg
Vitamin A (i.u.): 1IU
Vitamin A (r.e.): 0RE

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

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving

Calories 156 Calories from Fat: 2

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	9mg	0%
Total Carbohydrates	15g	5%
	Dietary Fiber trace	0%
Protein	trace	

Vitamin A	0%
Vitamin C	4%
Calcium	1%
Iron	3%

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