

Raspberry-Rum Lemonade Punch (Alcoholic)

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Servings: 12

zest of four lemons (in wide strips)
1 pint raspberries
1/2 cup sugar
2 cups lemon juice
1 1/2 cups dark rum
1 cup raspberries
lemon slices (for garnish)
2 cups sparkling wine

In a bowl, muddle one pint of raspberries with the lemon zest and sugar.. Transfer to a punch bowl.

Add the lemon juice, rum, one cup of raspberries and lemon slices.

Add the sparkling wine.

Serve over ice.

Per Serving (excluding unknown items): 122 Calories; trace Fat (2.3% calories from fat); trace Protein; 15g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Fruit; 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	122	Vitamin B6 (mg):	trace
% Calories from Fat:	2.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	95.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	13mcg
Saturated Fat (g):	0g	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	64
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	15g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0

Sodium (mg): 1mg
Potassium (mg): 99mg
Calcium (mg): 10mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 27mg
Vitamin A (i.u.): 49IU
Vitamin A (r.e.): 5RE

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 122 Calories from Fat: 3

% Daily Values*

Total Fat	trace	0%
	Saturated Fat 0g	0%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrates	15g	5%
	Dietary Fiber 2g	9%
Protein	trace	

Vitamin A	1%
Vitamin C	44%
Calcium	1%
Iron	1%

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