

Sangria Slushes

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Servings: 8

6 cups ice cubes
4 cups bottled Sangria, chilled
1/2 cup orange juice
2 cups sliced strawberries
2 oranges, halved and sliced
2 cans (12 ounce ea) ginger ale OR
lemon-lime carbonated beverage,
chilled

In a blender, combine the ice, Sangria and orange juice. Cover and blend until smooth.

Transfer the ice mixture, strawberries and orange slices to a punch bowl or pitcher.

Top with the ginger ale.

Start to Finish Time: 10 minutes

Per Serving (excluding unknown items): 35 Calories; trace Fat (5.2% calories from fat); 1g Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 1/2 Fruit.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	35
% Calories from Fat:	5.2%
% Calories from Carbohydrates:	87.8%
% Calories from Protein:	7.0%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	8g
Dietary Fiber (g):	2g
Protein (g):	1g
Sodium (mg):	6mg
Potassium (mg):	159mg
Calcium (mg):	24mg
Iron (mg):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	26mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	0

Zinc (mg): trace
Vitamin C (mg): 49mg
Vitamin A (i.u.): 109IU
Vitamin A (r.e.): 16RE

Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 35 Calories from Fat: 2

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	6mg	0%
Total Carbohydrates	8g	3%
Dietary Fiber	2g	7%
Protein	1g	

Vitamin A	2%
Vitamin C	81%
Calcium	2%
Iron	1%

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