

Spiked Sweet Tea Punch (Alcoholic)

Food Network Magazine - May 2014

Servings: 12

1 1/2 cups sugar
 1 1/2 cups water
 8 cups chilled strong black tea
 1 cup lemon juice
 1 cup bourbon
 lemon slices (for garnish)

In a saucepan, simmer the sugar and water until the sugar dissolves. Let cool. Set the syrup aside.

In a punch bowl, mix the tea, lemon juice, bourbon and cooled syrup.

Add some lemon slices.

Serve over ice.

Per Serving (excluding unknown items): 148 Calories; 0g Fat (0.0% calories from fat); trace Protein; 27g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Fruit; 1 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	148	Vitamin B6 (mg):	trace
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	99.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.3%	Riboflavin B2 (mg):	trace
Total Fat (g):	0g	Folacin (mcg):	3mcg
Saturated Fat (g):	0g	Niacin (mg):	trace
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	46
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	27g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	2mg	Vegetable:	0
Potassium (mg):	26mg	Fruit:	0

Calcium (mg): 2mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 9mg
Vitamin A (i.u.): 4IU
Vitamin A (r.e.): 1/2RE

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 148 Calories from Fat: 0

% Daily Values*

Total Fat	0g		0%
	Saturated Fat	0g	0%
Cholesterol	0mg		0%
Sodium	2mg		0%
Total Carbohydrates	27g		9%
	Dietary Fiber	trace	0%
Protein	trace		

Vitamin A			0%
Vitamin C			16%
Calcium			0%
Iron			0%

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