

# Sunrise Cocktails

*dash recipes.com*

*Dash Magazine - March 2013*

## Servings: 10

*2 cups orange-passionfruit juice (from a carton)*

*1 3/4 cups pineapple juice.*

*4 cups lemonade*

*skewered orange wheels (for garnish)*  
*cherries*

In a large pitcher, combine the orange-passionfruit juice and pineapple juice.

Stir in the lemonade.

Pour into ice-filled old-fashioned glasses.

Garnish each with an orange wheel and a cherry.

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Per Serving (excluding unknown items): 41 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 11g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 1/2 Other Carbohydrates.

Beverages

## Per Serving Nutritional Analysis

Calories (kcal):	41	Vitamin B6 (mg):	0mg
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	100.0%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.0%	Riboflavin B2 (mg):	0mg
Total Fat (g):	0g	Folacin (mcg):	1mcg
Saturated Fat (g):	0g	Niacin (mg):	trace
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0 0%
Carbohydrate (g):	11g	<b>Food Exchanges</b>	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	0g	Lean Meat:	0
Sodium (mg):	5mg	Vegetable:	0
Potassium (mg):	14mg	Fruit:	0

**Calcium (mg):** 29mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 3mg  
**Vitamin A (i.u.):** 0IU  
**Vitamin A (r.e.):** 0RE

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

## Nutrition Facts

Servings per Recipe: 10

### Amount Per Serving

**Calories** 41 Calories from Fat: 0

#### % Daily Values\*

<b>Total Fat</b>	0g		0%
	Saturated Fat	0g	0%
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	5mg		0%
<b>Total Carbohydrates</b>	11g		4%
	Dietary Fiber	0g	0%
<b>Protein</b>	0g		

<b>Vitamin A</b>			0%
<b>Vitamin C</b>			6%
<b>Calcium</b>			3%
<b>Iron</b>			0%

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