

Watermelon Rum Punch

Katie Lee
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8 cups (1-1/2 pounds) seedless watermelon chunks
1 cup light rum
1 cup fresh orange juice
1/4 cup fresh lime juice
1 bottle (12 ounce) ginger beer watermelon chunks (for garnish)

In a blender, puree the watermelon until smooth. Pour through a fine-mesh strainer into a large pitcher. Discard the solids.

Stir in the rum, orange juice and lime juice.

Refrigerate until ready to serve.

To serve, add the ginger beer. Serve on the rocks with watermelon wedges.

Per Serving (excluding unknown items): 642 Calories; 1g Fat (3.6% calories from fat); 2g Protein; 31g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 2 Fruit.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	642	Vitamin B6 (mg):	.1mg
% Calories from Fat:	3.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	90.6%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	5.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	1g	Folacin (mcg):	141mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	514
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	31g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	5mg	Vegetable:	0

Potassium (mg): 567mg
Calcium (mg): 33mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 142mg
Vitamin A (i.u.): 502IU
Vitamin A (r.e.): 50RE

Fruit: 2
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 642 Calories from Fat: 23

% Daily Values*

Total Fat	1g	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrates	31g	10%
Dietary Fiber	1g	3%
Protein	2g	
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Vitamin A		10%
Vitamin C		237%
Calcium		3%
Iron		4%

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