

Blueberry-Mint Limeade Punch (Virgin)

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Servings: 12

4 cups water
1 pint blueberries
1 cup mint leaves
10 cups water
4 cups mint leaves
1 3/4 cups sugar
1/2 cup lime juice

In a ring mold, freeze four cups of water, the blueberries and one cup of mint leaves.

In a large pot over medium heat, simmer ten cups of water, four cups of mint leaves and the sugar for 10 minutes. Let cool then strain the syrup into a punch bowl.

Add the frozen ice ring and the lime juice.

Per Serving (excluding unknown items): 146 Calories; trace Fat (0.6% calories from fat); 1g Protein; 36g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 21mg Sodium. Exchanges: 1/2 Vegetable; 1/2 Fruit; 2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|-----------------------|-------|
| Calories (kcal): | 146 | Vitamin B6 (mg): | trace |
| % Calories from Fat: | 0.6% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 95.9% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 3.5% | Riboflavin B2 (mg): | trace |
| Total Fat (g): | trace | Folacin (mcg): | 42mcg |
| Saturated Fat (g): | trace | Niacin (mg): | trace |
| Monounsaturated Fat (g): | trace | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | trace | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 0mg | % Refuse: | n n% |
| Carbohydrate (g): | 36g | Food Exchanges | |
| Dietary Fiber (g): | 3g | Grain (Starch): | 0 |
| Protein (g): | 1g | Lean Meat: | 0 |
| Sodium (mg): | 21mg | Vegetable: | 1/2 |
| Potassium (mg): | 206mg | Fruit: | 1/2 |
| Calcium (mg): | 83mg | Non-Fat Milk: | 0 |

Iron (mg): 4mg
Zinc (mg): trace
Vitamin C (mg): 11mg
Vitamin A (i.u.): 1555IU
Vitamin A (r.e.): 155 1/2RE

Fat: 0
Other Carbohydrates: 2

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 146 Calories from Fat: 1

% Daily Values*

| | | | | |
|----------------------------|---------------|-------|--|-----|
| Total Fat | trace | | | 0% |
| | Saturated Fat | trace | | 1% |
| Cholesterol | 0mg | | | 0% |
| Sodium | 21mg | | | 1% |
| Total Carbohydrates | 36g | | | 12% |
| | Dietary Fiber | 3g | | 12% |
| Protein | 1g | | | |

| | | | | |
|------------------|--|--|--|-----|
| Vitamin A | | | | 31% |
| Vitamin C | | | | 18% |
| Calcium | | | | 8% |
| Iron | | | | 24% |

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