

Raspberry-Basil Limeade Punch (Virgin)

Food Network Magazine - May 2014

Servings: 12

4 cups water
1 pint raspberries
1 cup basil leaves
10 cups water
4 cups basil leaves
1 3/4 cups sugar
1/2 cup lime juice

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

In a large pot over medium heat, simmer ten cups of water, four cups of basil 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): 128 Calories; trace Fat (0.8% calories from fat); trace Protein; 33g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 0 Fruit; 2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	128	Vitamin B6 (mg):	trace
% Calories from Fat:	0.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	98.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.1%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	11mcg
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):	33g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	9mg	Vegetable:	0
Potassium (mg):	77mg	Fruit:	0
Calcium (mg):	22mg	Non-Fat Milk:	0

Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 10mg
Vitamin A (i.u.): 303IU
Vitamin A (r.e.): 30RE

Fat: 0
Other Carbohydrates: 2

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 128 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	9mg	0%
Total Carbohydrates	33g	11%
	Dietary Fiber 2g	6%
Protein	trace	

Vitamin A		6%
Vitamin C		16%
Calcium		2%
Iron		2%

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