

Strawberry Lemonade Punch (Virgin)

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Servings: 12

1 pound strawberries, halved
 1 1/4 cups sugar
 2 teaspoons vanilla
 1 1/2 cups lemon juice
 6 cups water

In a bowl, toss the strawberries, sugar and vanilla. Let sit for 30 minutes.

In a blender, puree half of the strawberry mixture with the lemon juice.

Combine the strawberry/lemon mixture in a punchbowl with the water. Add the remaining berries.

Serve over ice.

Per Serving (excluding unknown items): 101 Calories; trace Fat (1.0% calories from fat); trace Protein; 26g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 1/2 Fruit; 1 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	101	Vitamin B6 (mg):	trace
% Calories from Fat:	1.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	97.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.2%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	10mcg
Saturated Fat (g):	0g	Niacin (mg):	trace
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	2
Cholesterol (mg):	0mg	% Daily Value*	n/a%
Carbohydrate (g):	26g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	4mg	Vegetable:	0

Potassium (mg): 97mg
Calcium (mg): 10mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 34mg
Vitamin A (i.u.): 16IU
Vitamin A (r.e.): 1 1/2RE

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 101 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
	Saturated Fat 0g	0%
Cholesterol	0mg	0%
Sodium	4mg	0%
Total Carbohydrates	26g	9%
	Dietary Fiber 1g	4%
Protein	trace	

Vitamin A		0%
Vitamin C		57%
Calcium		1%
Iron		1%

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