

# Berry Spritzer

Everyday Food Magazine - June 2012

## Yield: 8 cups

1 cup raspberries  
1 cup blueberries  
10 ounces strawberries  
3/4 cup sugar  
6 cups seltzer  
crushed raspberries (for garnish)  
(optional)  
crushed blueberries (for garnish)  
(optional)

In a small pot, bring the raspberries, blueberries and strawberries to a boil over medium high heat.

Remove from the heat and mash with a potato masher.

Pour through a fine-mesh sieve into a large container, pressing on the solids to extract as much liquid as possible. Discard the solids.

Refrigerate until cold, 30 minutes.

Add the seltzer and serve over ice with crushed raspberries and blueberries, if desired.

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Per Serving (excluding unknown items): 804 Calories; 2g Fat (2.2% calories from fat); 4g Protein; 204g Carbohydrate; 19g Dietary Fiber; 0mg Cholesterol; 13mg Sodium. Exchanges: 3 1/2 Fruit; 10 Other Carbohydrates.

Beverage

## Per Serving Nutritional Analysis

Calories (kcal):	804	Vitamin B6 (mg):	.1mg
% Calories from Fat:	2.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	96.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	1.7%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	2g	Folacin (mcg):	89mcg
Saturated Fat (g):	1g	Niacin (mg):	2mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0 0%
Carbohydrate (g):	204g		

## Food Exchanges

**Dietary Fiber (g):** 19g  
**Protein (g):** 4g  
**Sodium (mg):** 13mg  
**Potassium (mg):** 767mg  
**Calcium (mg):** 75mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 202mg  
**Vitamin A (i.u.):** 382IU  
**Vitamin A (r.e.):** 39RE

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 3 1/2  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 10

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## Nutrition Facts

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### Amount Per Serving

**Calories** 804 Calories from Fat: 18

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### % Daily Values\*

<b>Total Fat</b>	2g		3%
	Saturated Fat	1g	3%
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	13mg		1%
<b>Total Carbohydrates</b>	204g		68%
	Dietary Fiber	19g	74%
<b>Protein</b>	4g		
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<b>Vitamin A</b>			8%
<b>Vitamin C</b>			336%
<b>Calcium</b>			8%
<b>Iron</b>			10%

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