

Sunrise Sparkler

*Celebrating Easter Together
Publix Aprons*

Servings: 12

*1 lime, thinly sliced
4 cups ruby red grapefruit juice
4 cups pineapple juice
1 tablespoon ginger spice paste
24 ounces Ginger ale, chilled
6 tablespoons grenadine (or
maraschino cherry juice)*

Slice the lime.

In a pitcher (or punch bowl), combine the grapefruit juice, pineapple juice and ginger paste until well blended.

Pour or ladle 2/3 cup of punch into a serving glass. Top with 1/4 cup ginger ale, then 1/2 tablespoon of grenadine.

Garnish with a lime slice.

Start to Finish Time: 10 minutes

For an adult drink, replace the ginger ale with sparkling wine or champagne for a bright mimosa-style drink.

Per Serving (excluding unknown items): 100 Calories; trace Fat (1.4% calories from fat); 1g Protein; 25g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 1 1/2 Fruit; 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	100	Vitamin B6 (mg):	.1mg
% Calories from Fat:	1.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	95.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	2.8%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	28mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value*	n n%
Carbohydrate (g):	25g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0

Protein (g): 1g
Sodium (mg): 6mg
Potassium (mg): 251mg
Calcium (mg): 25mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 42mg
Vitamin A (i.u.): 367IU
Vitamin A (r.e.): 36 1/2RE

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 100 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	6mg	0%
Total Carbohydrates	25g	8%
	Dietary Fiber trace	1%
Protein	1g	

Vitamin A	7%
Vitamin C	70%
Calcium	3%
Iron	3%

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