

Apple Cider-Orange Punch

www.relish.com

Servings: 12

Yield: 12 cups

2 cups apple cider

2 sticks cinnamon

1 teaspoon allspice

1 can (12 ounce) orange juice concentrate, thawed

1 quart ginger ale, chilled

In a pitcher, combine the cider, cinnamon and allspice.

Add the orange juice concentrate. Stir well.

Refrigerate until cold.

Before serving, stir in the ginger ale and remove the cinnamon sticks.

Per Serving (excluding unknown items): 50 Calories; trace Fat (1.6% calories from fat); trace Protein; 13g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 0 Fat; 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|-------|----------------------------|-------|
| Calories (kcal): | 50 | Vitamin B6 (mg): | trace |
| % Calories from Fat: | 1.6% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 97.8% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 0.6% | Riboflavin B2 (mg): | trace |
| Total Fat (g): | trace | Folacin (mcg): | trace |
| Saturated Fat (g): | trace | Niacin (mg): | trace |
| Monounsaturated Fat (g): | trace | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | trace | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 0mg | % Refused: | n n% |
| Carbohydrate (g): | 13g | Food Exchanges | |
| Dietary Fiber (g): | 1g | Grain (Starch): | 0 |
| Protein (g): | trace | Lean Meat: | 0 |
| Sodium (mg): | 7mg | Vegetable: | 0 |
| Potassium (mg): | 57mg | Fruit: | 1/2 |
| Calcium (mg): | 20mg | Non-Fat Milk: | 0 |

