

# Apple-Grape Punch (Virgin)

Food Network Magazine - May 2014

## Servings: 12

6 cups lemon-lime soda  
4 cups grape juice  
2 cups apple juice  
1/4 cup lime juice

In a punch bowl, mix the soda, grape juice, apple juice and lime juice.

Serve over ice.

---

Per Serving (excluding unknown items): 121 Calories; trace Fat (0.8% calories from fat); 1g Protein; 31g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 17mg Sodium. Exchanges: 1 Fruit; 1 Other Carbohydrates.

## Beverages

### Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	121	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	0.8%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	97.5%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	1.6%	<b>Riboflavin B2 (mg):</b>	trace
<b>Total Fat (g):</b>	trace	<b>Folacin (mcg):</b>	3mcg
<b>Saturated Fat (g):</b>	trace	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	trace	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	0mg	<b>% Refuse:</b>	0 0%
<b>Carbohydrate (g):</b>	31g		
<b>Dietary Fiber (g):</b>	trace	<b>Food Exchanges</b>	
<b>Protein (g):</b>	1g	<b>Grain (Starch):</b>	0
<b>Sodium (mg):</b>	17mg	<b>Lean Meat:</b>	0
<b>Potassium (mg):</b>	167mg	<b>Vegetable:</b>	0
<b>Calcium (mg):</b>	13mg	<b>Fruit:</b>	1
<b>Iron (mg):</b>	trace	<b>Non-Fat Milk:</b>	0
<b>Zinc (mg):</b>	trace	<b>Fat:</b>	0
<b>Vitamin C (mg):</b>	2mg	<b>Other Carbohydrates:</b>	1
<b>Vitamin A (i.u.):</b>	8IU		
<b>Vitamin A (r.e.):</b>	0RE		

---

## Nutrition Facts

Servings per Recipe: 12

---

### Amount Per Serving

---

**Calories** 121 Calories from Fat: 1

---

**% Daily Values\***

---

**Total Fat** trace 0%

Saturated Fat trace 0%

**Cholesterol** 0mg 0%

**Sodium** 17mg 1%

**Total Carbohydrates** 31g 10%

Dietary Fiber trace 1%

---

**Protein** 1g

---

**Vitamin A** 0%

**Vitamin C** 3%

**Calcium** 1%

---

**Iron** 2%

---

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