

# Cucumber-Pinapple Punch (Virgin)

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## Servings: 12

6 cups chopped pineapple  
6 stalks celery, sliced  
1 seedless cucumber, peeled and chopped  
1 cup water  
1 cup sugar  
1/2 cup lime juice  
sliced cucumbers (for garnish)

In a blender or food processor, puree in batches the pineapple, celery, cucumber, water, sugar and lime juice.

Strain into a punch bowl and skim off the foam.

Add sliced cucumbers for garnish.

Serve over ice.

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Per Serving (excluding unknown items): 70 Calories; trace Fat (0.4% calories from fat); trace Protein; 18g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 18mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 1 Other Carbohydrates.

## Beverages

### Per Serving Nutritional Analysis

Calories (kcal):	70	Vitamin B6 (mg):	trace
% Calories from Fat:	0.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	98.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	6mcg
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):	18g	<b>Food Exchanges</b>	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	18mg	Vegetable:	0
Potassium (mg):	69mg	Fruit:	0
Calcium (mg):	9mg	Non-Fat Milk:	0

**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 4mg  
**Vitamin A (i.u.):** 28IU  
**Vitamin A (r.e.):** 2 1/2RE

**Fat:** 0  
**Other Carbohydrates:** 1

## Nutrition Facts

Servings per Recipe: 12

### Amount Per Serving

**Calories** 70 Calories from Fat: 0

### % Daily Values\*

<b>Total Fat</b>	trace	0%
	Saturated Fat trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	18mg	1%
<b>Total Carbohydrates</b>	18g	6%
	Dietary Fiber trace	2%
<b>Protein</b>	trace	

<b>Vitamin A</b>		1%
<b>Vitamin C</b>		7%
<b>Calcium</b>		1%
<b>Iron</b>		1%

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