

Guava-Passion Fruit Punch (Virgin)

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Servings: 12

2 cans (13.5 ounce ea) unsweetened
coconut milk
1 cup sugar
1 cup water
4 cups guava nectar
4 cups passion fruit nectar
4 cups orange juice
diced mangoes (for garnish)

In a bowl, mix the coconut milk, sugar and water.

Pour into a ring mold and freeze.

In a punch bowl, mix the guava nectar, passion
fruit nectar and orange juice.

Add the ice ring and diced mangoes for garnish.

Per Serving (excluding unknown
items): 102 Calories; trace Fat
(1.4% calories from fat); 1g Protein;
25g Carbohydrate; trace Dietary
Fiber; 0mg Cholesterol; 2mg
Sodium. Exchanges: 1/2 Fruit; 1
Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	102	Vitamin B6 (mg):	trace
% Calories from Fat:	1.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	96.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	2.2%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	45mcg
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):	25g		
Dietary Fiber (g):	trace	Food Exchanges	
Protein (g):	1g	Grain (Starch):	0
Sodium (mg):	2mg	Lean Meat:	0
Potassium (mg):	166mg	Vegetable:	0
Calcium (mg):	10mg	Fruit:	1/2
		Non-Fat Milk:	0

Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 41mg
Vitamin A (i.u.): 165IU
Vitamin A (r.e.): 41 1/2RE

Fat: 0
Other Carbohydrates: 1

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 102 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	2mg	0%
Total Carbohydrates	25g	8%
	Dietary Fiber trace	1%
Protein	1g	

Vitamin A		3%
Vitamin C		69%
Calcium		1%
Iron		1%

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