

Horchata Punch (Virgin)

Food Network Magazine - May 2014

Servings: 12

4 cups water
1 cup uncooked white rice
1/2 cup sugar
1/3 cup milk
2 teaspoons vanilla
1/2 teaspoon ground cinnamon
5 cups cubed cantaloupe
1 cup toasted pecans

In a blender, pulse the water, rice, sugar, milk, vanilla and cinnamon just until the rice is chopped, about 1 minute.

Chill overnight.

Strain the mixture into a punch bowl.

Add the cantaloupe and pecans.

Serve over ice.

Per Serving (excluding unknown items): 39 Calories; trace Fat (5.3% calories from fat); trace Protein; 9g Carbohydrate; trace Dietary Fiber; 1mg Cholesterol; 6mg Sodium. Exchanges: 0 Grain(Starch); 0 Non-Fat Milk; 0 Fat; 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	39	Vitamin B6 (mg):	trace
% Calories from Fat:	5.3%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	92.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.3%	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):	2
Cholesterol (mg):	1mg	% Refuse:	n n%
Carbohydrate (g):	9g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	6mg	Vegetable:	0

Potassium (mg): 11mg
Calcium (mg): 11mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 9IU
Vitamin A (r.e.): 2 1/2RE

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 39 Calories from Fat: 2

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	1%
Cholesterol	1mg	0%
Sodium	6mg	0%
Total Carbohydrates	9g	3%
	Dietary Fiber trace	0%
Protein	trace	

Vitamin A	0%
Vitamin C	0%
Calcium	1%
Iron	0%

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