

# Lily Pad Punch (Virgin)

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## Servings: 12

8 gummy frogs  
 4 cups water  
 1 liter lemon-lime soda  
 3 cups cranberry juice  
 1 cup grape juice  
 1 cup blackberries

Place the gummy frogs in the bottom of a ring mold. Add the water. Freeze.

In a punch bowl, mix the soda, cranberry juice, grape juice and blackberries.

Add the ice ring.

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Per Serving (excluding unknown items): 90 Calories; trace Fat (1.2% calories from fat); trace Protein; 23g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 14mg Sodium. Exchanges: 1 Fruit; 1/2 Other Carbohydrates.

## Beverages

### Per Serving Nutritional Analysis

Calories (kcal):	90	Vitamin B6 (mg):	trace
% Calories from Fat:	1.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	97.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.9%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	5mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	23g	<b>Food Exchanges</b>	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	14mg	Vegetable:	0
Potassium (mg):	64mg	Fruit:	1
Calcium (mg):	11mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	1/2

Vitamin C (mg): 25mg  
Vitamin A (i.u.): 24IU  
Vitamin A (r.e.): 2RE

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## Nutrition Facts

Servings per Recipe: 12

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### Amount Per Serving

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**Calories** 90 Calories from Fat: 1

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**% Daily Values\***

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	14mg	1%
<b>Total Carbohydrates</b>	23g	8%
Dietary Fiber	1g	3%
<b>Protein</b>	trace	
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<b>Vitamin A</b>		0%
<b>Vitamin C</b>		42%
<b>Calcium</b>		1%
<b>Iron</b>		2%

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