

Orange - Ginger Pomegranate Punch

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1/2 cup water
 1/2 cup sugar
 5 thin slices peeled ginger
 2 fresh sprigs rosemary
 2 cups pomegranate juice
 1 cup orange liqueur
 1 bottle Prosecco
 fresh rosemary sprigs (for garnish)
 orange slices (for garnish)

In a small saucepan, combine the water, sugar, ginger and rosemary sprigs. Cook and stir until the sugar dissolves. Remove from the heat. Cover and let stand for 30 minutes. Strain.

In a punch bowl, combine the syrup, pomegranate juice and orange liqueur.

Add a bottle of Prosecco.

Serve over ice with fresh rosemary sprigs and orange slices for garnish.

Per Serving (excluding unknown items): 1531 Calories; 1g Fat (1.3% calories from fat); 3g Protein; 251g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 66mg Sodium. Exchanges: 1/2 Grain(Starch); 5 Fruit; 0 Fat; 6 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	1531
% Calories from Fat:	1.3%
% Calories from Carbohydrates:	97.6%
% Calories from Protein:	1.1%
Total Fat (g):	1g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	0g
Polyunsaturated Fat (g):	0g
Cholesterol (mg):	0mg
Carbohydrate (g):	251g
Dietary Fiber (g):	3g
Protein (g):	3g
	66mg

Vitamin B6 (mg):	.7mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	0mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	846
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
	0

Sodium (mg):
Potassium (mg): 1081mg
Calcium (mg): 156mg
Iron (mg): 5mg
Zinc (mg): 1mg
Vitamin C (mg): 4mg
Vitamin A (i.u.): 206IU
Vitamin A (r.e.): 21RE

Vegetable:
Fruit: 5
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 6 1/2

Nutrition Facts

Amount Per Serving

Calories 1531 **Calories from Fat:** 20

% Daily Values*

Total Fat 1g	2%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 66mg	3%
Total Carbohydrates 251g	84%
Dietary Fiber 3g	11%
Protein 3g	
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Vitamin A	4%
Vitamin C	7%
Calcium	16%
Iron	30%

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