

Sparkling Apple Punch (Virgin)

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Servings: 12

4 cups apple juice

1 apple, thinly sliced

2 bottles (750 ml ea) sparkling apple cider

Pour the apple juice into a ring mold. Add the sliced apple. Freeze.

Pour the sparkling apple cider into a punch bowl.

Add the ice ring.

Per Serving (excluding unknown items): 46 Calories; trace Fat (2.5% calories from fat); trace Protein; 11g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1/2 Fruit.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	46	Vitamin B6 (mg):	trace
% Calories from Fat:	2.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	96.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.6%	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):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	11g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	2mg	Vegetable:	0
Potassium (mg):	112mg	Fruit:	1/2
Calcium (mg):	7mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	1mg		

Vitamin A (i.u.): 7IU
Vitamin A (r.e.): 1/2RE

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 46 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	2mg	0%
Total Carbohydrates	11g	4%
Dietary Fiber	trace	2%
Protein	trace	
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Vitamin A		0%
Vitamin C		2%
Calcium		1%
Iron		2%

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