

# Sparkling Flowers Punch (Virgin)

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## Servings: 12

4 cups water

10 to 12 edible flowers

1 bottle (750 liter) sparkling apple cider

4 cups white grape juice

Place the edible flowers in the bottom of a ring mold. Add the water. Freeze.

In a punch bowl, mix the sparkling apple cider and white grape juice.

Add the ice ring.

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Per Serving (excluding unknown items): 60 Calories; trace Fat (1.5% calories from fat); 1g Protein; 14g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 20mg Sodium. Exchanges: 0 Lean Meat; 1 Fruit.

## Beverages

### Per Serving Nutritional Analysis

Calories (kcal):	60	Vitamin B6 (mg):	trace
% Calories from Fat:	1.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	94.8%	Thiamin B1 (mg):	0mg
% Calories from Protein:	3.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	12mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	14g	<b>Food Exchanges</b>	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	20mg	Vegetable:	0
Potassium (mg):	119mg	Fruit:	1
Calcium (mg):	13mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	0

Vitamin C (mg): 8mg  
Vitamin A (i.u.): 3057IU  
Vitamin A (r.e.): 306RE

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## Nutrition Facts

Servings per Recipe: 12

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### Amount Per Serving

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**Calories** 60 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>	20mg	1%
<b>Total Carbohydrates</b>	14g	5%
Dietary Fiber	1g	2%
<b>Protein</b>	1g	
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<b>Vitamin A</b>		61%
<b>Vitamin C</b>		13%
<b>Calcium</b>		1%
<b>Iron</b>		4%

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