

# Strawberry Lemon Punch

"Fruits of the Spirit" (2001) - Debra Ann Emond  
Grapevine United Methodist Church - Port St. Lucie, FL

## Yield: 36 1/2 cup servings

2 packages (10 ounce) frozen strawberries, thawed  
1 can (8 ounce) frozen lemonade, thawed  
2 two-liter ginger ale  
1 two-liter club soda  
1/4 cup sugar  
1 two-quart frozen strawberry sherbet

Combine the strawberries and lemonade. Add the ginger ale, club soda and sugar. Mix well.

Add the strawberry sherbet just before serving.

---

Per Serving (excluding unknown items): 612 Calories; 1g Fat (0.9% calories from fat); 3g Protein; 162g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 16mg Sodium. Exchanges: 7 Fruit; 3 1/2 Other Carbohydrates.

Beverages

## Per Serving Nutritional Analysis

Calories (kcal):	612	Vitamin B6 (mg):	.1mg
% Calories from Fat:	0.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	97.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	1.6%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	1g	Folacin (mcg):	19mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	162g	<b>Food Exchanges</b>	
Dietary Fiber (g):	10g	Grain (Starch):	0
Protein (g):	3g	Lean Meat:	0
Sodium (mg):	16mg	Vegetable:	0
Potassium (mg):	502mg	Fruit:	7
Calcium (mg):	60mg	Non-Fat Milk:	0

**Iron (mg):** 3mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 201mg  
**Vitamin A (i.u.):** 138IU  
**Vitamin A (r.e.):** 15 1/2RE

**Fat:** 0  
**Other Carbohydrates:** 3 1/2

## Nutrition Facts

### Amount Per Serving

**Calories** 612 Calories from Fat: 6

### % Daily Values\*

<b>Total Fat</b>	1g	1%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	16mg	1%
<b>Total Carbohydrates</b>	162g	54%
Dietary Fiber	10g	39%
<b>Protein</b>	3g	
<hr/>		
<b>Vitamin A</b>		3%
<b>Vitamin C</b>		336%
<b>Calcium</b>		6%
<b>Iron</b>		14%

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