

Strawberry-Rhubarb Punch (Virgin)

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Servings: 12

1 pound strawberries, halved
 1 1/2 pounds rhubarb, chopped
 6 cups water
 3/4 cup sugar
 2 cups seltzer
 2 cups ginger ale

Place one of the halved strawberries in each compartment of ice trays. Fill with water. Freeze.

In a saucepan over medium heat, simmer the rhubarb, water and sugar, 25 minutes. Let cool, then strain the syrup into a punch bowl.

Add the seltzer and ginger ale.

Add the strawberry ice cubes.

Per Serving (excluding unknown items): 82 Calories; trace Fat (2.1% calories from fat); 1g Protein; 20g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 1/2 Fruit; 1 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|-----------------------|-------|
| Calories (kcal): | 82 | Vitamin B6 (mg): | trace |
| % Calories from Fat: | 2.1% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 95.2% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 2.7% | Riboflavin B2 (mg): | trace |
| Total Fat (g): | trace | Folacin (mcg): | 9mcg |
| Saturated Fat (g): | trace | Niacin (mg): | trace |
| Monounsaturated Fat (g): | trace | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | trace | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 0mg | % Daily Value* | n/a% |
| Carbohydrate (g): | 20g | Food Exchanges | |
| Dietary Fiber (g): | 2g | Grain (Starch): | 0 |
| Protein (g): | 1g | Lean Meat: | 0 |
| Sodium (mg): | 9mg | Vegetable: | 0 |

Potassium (mg): 182mg
Calcium (mg): 45mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 24mg
Vitamin A (i.u.): 52IU
Vitamin A (r.e.): 5 1/2RE

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 82 Calories from Fat: 2

% Daily Values*

| | | |
|----------------------------|---------------------|----|
| Total Fat | trace | 0% |
| | Saturated Fat trace | 0% |
| Cholesterol | 0mg | 0% |
| Sodium | 9mg | 0% |
| Total Carbohydrates | 20g | 7% |
| | Dietary Fiber 2g | 6% |
| Protein | 1g | |

| | | |
|------------------|--|-----|
| Vitamin A | | 1% |
| Vitamin C | | 39% |
| Calcium | | 5% |
| Iron | | 2% |

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