

Tropical Punch (Virgin)

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Servings: 12

1 pint lime sorbet
1 pint mango sorbet
1 cup maraschino cherries
1 cup coconut water
3 cups orange juice
3 cups pineapple juice
3 cups coconut water
3 cups lemon-lime soda
mint sprigs (for garnish)
1 thinly sliced lime (for garnish)

Scoop the lime and mango sorbets into a ring mold. Add the maraschino cherries. Top with one cup of coconut water. Freeze.

In a punch bowl, mix the orange juice, pineapple juice, 3 cups of coconut water and lemon-lime soda.

Add the sorbet ring, some mint springs and lemon slices.

Per Serving (excluding unknown items): 127 Calories; trace Fat (2.6% calories from fat); 1g Protein; 31g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 19mg Sodium. Exchanges: 1 Fruit; 1 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	127	Vitamin B6 (mg):	.1mg
% Calories from Fat:	2.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	93.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	trace	Folacin (mcg):	51mcg
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):	31g		
Dietary Fiber (g):	trace	Food Exchanges	
Protein (g):	1g	Grain (Starch):	0
Sodium (mg):	19mg	Lean Meat:	0
Potassium (mg):	393mg	Vegetable:	0
		Fruit:	1

Calcium (mg): 41mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 42mg
Vitamin A (i.u.): 127IU
Vitamin A (r.e.): 31 1/2RE

Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 1

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 127 **Calories from Fat:** 3

% Daily Values*

Total Fat	trace	1%
	Saturated Fat trace	1%
Cholesterol	0mg	0%
Sodium	19mg	1%
Total Carbohydrates	31g	10%
	Dietary Fiber trace	1%
Protein	1g	

Vitamin A	3%
Vitamin C	69%
Calcium	4%
Iron	3%

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