

Cantaloupe Sangria Punch (Alcoholic)

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Servings: 12

1 cantaloupe, cubed
 1 cup ginger ale
 2 slices peeled ginger
 1/2 cup sugar
 1/2 cup lime juice
 3 cups ginger ale
 1 bottle (750 ml) white wine

Freeze the cantaloupe cubes for one hour.

In a blender, puree three cups of the frozen cantaloupe, one cup of ginger ale, ginger, sugar and lime juice. Transfer to a punch bowl.

Puree the remaining frozen cantaloupe with three cups of ginger ale in batches. Add to the punch bowl along with the wine.

Serve over ice.

Per Serving (excluding unknown items): 80 Calories; trace Fat (1.5% calories from fat); trace Protein; 20g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 1/2 Fruit; 1 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	80	Vitamin B6 (mg):	.1mg
% Calories from Fat:	1.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	96.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.2%	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):	2
Cholesterol (mg):	0mg	% Daily Value*	n n%
Carbohydrate (g):	20g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	10mg	Vegetable:	0

Potassium (mg): 156mg
Calcium (mg): 9mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 22mg
Vitamin A (i.u.): 1484IU
Vitamin A (r.e.): 148 1/2RE

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 80 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrates	20g	7%
	Dietary Fiber trace	2%
Protein	trace	

Vitamin A	30%
Vitamin C	37%
Calcium	1%
Iron	1%

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