

Pomegranate-Green Tea Punch (Virgin)

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Servings: 12

8 cups hot strong green tea

1/2 cup sugar

4 cups pomegranate juice

In a bowl, mix the green tea and sugar. Let cool.

In a punch bowl, combine the green tea and pomegranate juice.

Serve over ice.

Per Serving (excluding unknown items): 78 Calories; trace Fat (0.9% calories from fat); trace Protein; 20g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 1 Fruit; 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	78	Vitamin B6 (mg):	.1mg
% Calories from Fat:	0.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	97.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	0mcg
Saturated Fat (g):	0g	Niacin (mg):	trace
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	20g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	10mg	Vegetable:	0
Potassium (mg):	170mg	Fruit:	1
Calcium (mg):	11mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	1/2
Vitamin C (mg):	0mg		

Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 78 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrates	20g	7%
Dietary Fiber	0g	0%
Protein	trace	
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Vitamin A		0%
Vitamin C		0%
Calcium		1%
Iron		3%

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