Apple Cider-Orange Punch

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Servings: 12 Yield: 12 cups

2 cups apple cider
2 sticks cinnamon
1 teaspoon allspice
1 can (12 ounce) orange juice concentrate, thawed
1 quart ginger ale, chilled

In a pitcher, combine the cider, cinnamon and allspice.

Add the orange juice concentrate. Stir well.

Refrigerate until cold.

Before serving, stir in the ginger ale and remove the cinnamon sticks.

Per Serving (excluding unknown items): 50 Calories; trace Fat (1.6% calories from fat); trace Protein; 13g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 0 Fat; 1/2 Other Carbohydrates.

Beverages

Dar Cansina Mutritional Analysis

Calories (kcal):	50	Vitamin B6 (mg):	trace
% Calories from Fat:	1.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	97.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.6%	Riboflavin B2 (mg):	trace
Total Fat (q):	trace	Folacin (mcg):	trace
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg): Alcohol (kcal):	0mg 0
Polyunsaturated Fat (g):	trace		n n%
Cholesterol (mg):	0mg	Food Exchanges	
Carbohydrate (g):	13g		
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	7mg	Vegetable:	0
Potassium (mg):	57mg	Fruit:	1/2
Calcium (mg):	20mg	Non-Fat Milk:	0

Iron (mg):	1mg	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	1/2
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	4IU		
Vitamin A (r.e.):	1/2RE		

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving				
Calories 50	Calories from Fat: 1			
	% Daily Values*			
Total Fat trace	0%			
Saturated Fat trace	0%			
Cholesterol 0mg	0%			
Sodium 7mg	0%			
Total Carbohydrates 13g	4%			
Dietary Fiber 1g	3%			
Protein trace				
Vitamin A	0%			
Vitamin C	1%			
Calcium	2%			
Iron	4%			

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