



Sparkling Punch

Ingredients

2 cups orange juice
2 Tablespoon lemon juice, optional
1 (6-ounce) can unsweetened pineapple juice
1 cup unsweetened apple juice
12 ounces seltzer

Makes 4 servings

Instructions

1. In a large pitcher, combine the fruit juices and seltzer.
2. Pour over ice.

Nutrition Facts

Serving Size 1 cup		Servings Per Container 4	
Amount Per Serving			
Calories 110	Calories from Fat 0		
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 0mg	0%		
Total Carbohydrate 26g	9%		
Dietary Fiber 0g	0%		
Sugars 23g			
Protein 1g			
Vitamin A 6%	• Vitamin C 110%		
Calcium 2%	• Iron 2%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

0% calories from fat

Source: Cornell Cooperative Extension Office of Schoharie County.

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