



# **Pineapple Ginger Punch**

### **Ingredients:**

Apple juice Pineapple juice Diet ginger ale

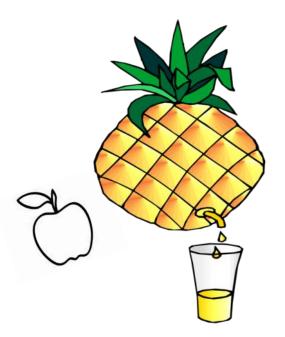
## **Equipment:**

Drinking glass Measuring cups

Number of Servings: 1 Preparation Time: 3 minutes Total time: 3 minutes

#### Directions

Mix apple juice, pineapple juice and diet ginger ale together, pour over ice and serve.



# For more recipes, please visit: www.fcs.ext.vt.edu/recipes



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| Nutri<br>Serving Size<br>Servings: 1 |                  | Facts         |        |
|--------------------------------------|------------------|---------------|--------|
| Amount Per Se                        | erving           |               |        |
| Calories 86                          |                  | Calories from | Fat 0  |
|                                      |                  | %Daily \      | Value* |
| Total Fat trace g                    |                  |               | 0%     |
| Saturated Fat 0g                     |                  |               | 0%     |
| Cholesterol 0mg                      |                  |               | 0%     |
| Sodium 24mg                          |                  |               | 1%     |
| Total Carbohydrate 21g               |                  |               | 7%     |
| Dietary Fiber trace g                |                  |               | 1%     |
| Protein trace g                      |                  |               | 1%     |
| Vitamin A                            | 0%               | Vitamin C     | 17%    |
| Iron                                 | 3%<br>Values are | Calcium       | 2%     |

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.





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