



Schoharie County
173 South Grand St
Cobleskill, NY 12043
518.234.4303
518.296.8310
Fax: 518.234.4305
schoharie@cornell.edu

Otsego County
123 Lake St
Cooperstown, NY 13326
607.547.2536
Fax: 607.547.5180
otsego@cornell.edu

Oneonta Outreach
31 Maple St
Oneonta, NY 13820
607.433.2521
Fax: 607.436.9682

cceschoharie-otsego.org

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 - 0% calories from fat

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



Revised July 2021

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.