



## Refreshing Pineapple Fizz

### Ingredients

- 2 cups unsweetened pineapple juice
- 2 cups diet ginger ale
- 4 lemon slices

*Yields about 4 servings*

### Instructions

1. In a punch bowl or pitcher, mix the juice and ginger ale together. Add the lemon slices and chill in refrigerator.

For a special treat you can use other juices such as grape, passion fruit or cranberry juice.

To lower sugar and calories use seltzer or diet soda in place of the ginger ale.

### Nutrition Facts

Serving Size 255g / 9 oz

Servings Per Container 4

Amount Per Serving

Calories 70      Calories from Fat 0

% Daily Value \*

**Total Fat 0g** 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol 0mg** 0%

**Sodium 35mg** 1%

**Total Carbohydrate 17g** 6%

Dietary Fiber 0g 0%

Sugars 13g

**Protein 1g**

Vitamin A 0%      Vitamin C 25%

Calcium 2%      Iron 4%

\* 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:	2000	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

0% calories from fat

**Source:** Cornell University Cooperative Extension – New York City Nutrition & Health Programs Recipe Collection, 2006.



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