



Cornell University
Cooperative Extension

Refreshing Pineapple Fizz

Ingredients:

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

Directions:

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.

Yields 4 servings

Source:

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

Nutrition Facts			
Serving Size 1 cup (9 ounces)			
Servings Per Recipe 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

Recipe analyzed using pineapple juice.

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.
Cornell Cooperative Extension provides equal program and employment opportunities.



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

This material was funded by USDA's Food Stamp Program and Expanded Food and Nutrition Education Program.

Cornell Cooperative Extension provides equal program and employment opportunities.

