

Ponche de Frutas (Fruit Punch)

Yield: 20 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/ponche-mexican-drink-recipe>

Ingredients:

- 3 oranges juiced
- 3 lemons juiced
- 1/2 pound seedless green grapes halved
- 1/2 pound plums pitted and chopped into small bite-size pieces
- 1 fresh pineapple peeled, cored and chopped into small bite-size pieces
- 1 cup white sugar
- 4 cups black tea strong brewed, chilled
- 4 cups crushed ice

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 25 grams
3. Fiber: 3 grams
4. Protein: 1 grams
5. Sodium: 5 milligrams
6. Sugar: 17 grams

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