



Fruit Cocktail Infused Water

16 Servings • 1 Serving = 8 Ounces of Water

INGREDIENTS

- ¼ cup peaches, diced
- ¼ cup grapes, sliced
- ¼ cup cherries, sliced with pit removed
- ¼ cup pears, diced
- 1 gallon water
- 2 sprigs mint

DIRECTIONS

1. Combine peaches, grapes, cherries, and pears in a pitcher.
2. Add water and mint leaves.
3. Mix to combine.

Nutrition Facts

16 servings per container

Serving size 8 oz water

Amount per serving

Calories 5

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 0g

Vitamin D 0mcg 0%

Calcium 9mg 0%

Iron 0mg 0%

Potassium 13mg 0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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