

Cherry-Root Beer Float Punch (Virgin)

Food Network Magazine - May 2014

Servings: 12

12 maraschino cherries
1 1/2 quarts vanilla ice cream,
softened
2 liters root beer
3/4 cup grenadine
maraschino cherries (for garnish)

Arrange the maraschino cherries in the bottom of a ring mold. Scoop the ice cream into the mold and smooth the top. Freeze.

In a punch bowl, mix the root beer and grenadine.

Add the ice cream ring and garnish with cherries.

Per Serving (excluding unknown items): 539 Calories; 8g Fat (12.5% calories from fat); 3g Protein; 119g Carbohydrate; 2g Dietary Fiber; 29mg Cholesterol; 206mg Sodium. Exchanges: 1 Fruit; 1 1/2 Fat; 7 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	539	Vitamin B6 (mg):	trace
% Calories from Fat:	12.5%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	85.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.0%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	8g	Folacin (mcg):	3mcg
Saturated Fat (g):	5g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	29mg	% Refuse:	n n%
Carbohydrate (g):	119g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	3g	Lean Meat:	0
Sodium (mg):	206mg	Vegetable:	0
Potassium (mg):	461mg	Fruit:	1
Calcium (mg):	133mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1 1/2

Zinc (mg): 1mg
Vitamin C (mg): trace
Vitamin A (i.u.): 270IU
Vitamin A (r.e.): 77RE

Other Carbohydrates: 7

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 539 **Calories from Fat:** 68

% Daily Values*

Total Fat 8g	12%
Saturated Fat 5g	23%
Cholesterol 29mg	10%
Sodium 206mg	9%
Total Carbohydrates 119g	40%
Dietary Fiber 2g	9%
Protein 3g	
<hr/>	
Vitamin A	5%
Vitamin C	1%
Calcium	13%
Iron	8%

* Percent Daily Values are based on a 2000 calorie diet.