

Cherry-Vanilla Limeade Punch (Virgin)

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Servings: 12

4 cups water
 1 lime, sliced
 6 cups cream soda
 1 1/4 cups lime juice
 1 1/4 cups cherry juice
 1 1/4 cups water
 1/2 cup sugar

In a ring mold, freeze four cups of water and the sliced lime.

In a punch bowl, mix the cream soda, lime juice, cherry juice, water and sugar.

Add the ice ring to the punch bowl.

Per Serving (excluding unknown items): 104 Calories; trace Fat (0.3% calories from fat); trace Protein; 28g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 18mg Sodium. Exchanges: 0 Fruit; 1 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	104
% Calories from Fat:	0.3%
% Calories from Carbohydrates:	99.2%
% Calories from Protein:	0.5%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	28g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	18mg
Potassium (mg):	35mg
Calcium (mg):	12mg
Iron (mg):	trace
Zinc (mg):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	3mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	1 1/2

Vitamin C (mg): 9mg
Vitamin A (i.u.): 3IU
Vitamin A (r.e.): 1/2RE

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 104 Calories from Fat: 0

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	18mg	1%
Total Carbohydrates	28g	9%
Dietary Fiber	trace	1%
Protein	trace	
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Vitamin A		0%
Vitamin C		15%
Calcium		1%
Iron		1%

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