

Southern Comfort Punch

*Blue Shadows - Greensboro, AL
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Yield: one gallon

*4/5 quart (ifib) Southern Comfort
1 can (16 ounce) frozen orange juice
1 can (16 ounce) frozen lemonade
3 quarts lemon-lime carbonated
beverage
red food coloring (optional)
fresh fruit (for garnish)*

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In a punch bowl, mix the liquor, orange juice and lemonade. Add the carbonated beverage.

Add a few drops of food coloring, if desired.

Add ice. Add cut up fruit for garnish.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	0	Vitamin B6 (mg):	0mg
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	0.0%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.0%	Riboflavin B2 (mg):	0mg
Total Fat (g):	0g	Folacin (mcg):	0mcg
Saturated Fat (g):	0g	Niacin (mg):	0mg
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value*	n n%
Carbohydrate (g):	0g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	0g	Lean Meat:	0
Sodium (mg):	0mg	Vegetable:	0
Potassium (mg):	0mg	Fruit:	0

Calcium (mg):	0mg	Non-Fat Milk:	0
Iron (mg):	0mg	Fat:	0
Zinc (mg):	0mg	Other Carbohydrates:	0
Vitamin C (mg):	0mg		
Vitamin A (i.u.):	0IU		
Vitamin A (r.e.):	0RE		

Nutrition Facts

Amount Per Serving

Calories 0	Calories from Fat: 0
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% Daily Values*

Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Protein 0g	

Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

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