

# Cherry Cola Punch (Virgin)

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## Servings: 12

2 liters cola

2 cups cherry juice

1/2 cup grenadine

1 jar (10 ounces) maraschino cherries  
with their juice

In a punch bowl, mix the soda, cherry juice,  
grenadine and maraschino cherries.

Serve over ice.

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Per Serving (excluding unknown items): 101 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 26g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 13mg Sodium. Exchanges: 1 1/2 Other Carbohydrates.

## Beverages

### Per Serving Nutritional Analysis

Calories (kcal):	101	Vitamin B6 (mg):	0mg
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	100.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	0g	Folacin (mcg):	0mcg
Saturated Fat (g):	0g	Niacin (mg):	trace
Monounsaturated Fat (g):	0g	Caffeine (mg):	17mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refused:	0.0%
Carbohydrate (g):	26g	<b>Food Exchanges</b>	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	0g	Lean Meat:	0
Sodium (mg):	13mg	Vegetable:	0
Potassium (mg):	9mg	Fruit:	0
Calcium (mg):	7mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	1 1/2
Vitamin C (mg):	0mg		
Vitamin A (i.u.):	0IU		

Vitamin A (r.e.):

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## Nutrition Facts

Servings per Recipe: 12

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### Amount Per Serving

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**Calories** 101 **Calories from Fat:** 0

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**% Daily Values\***

<b>Total Fat</b>	0g	0%
Saturated Fat	0g	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	13mg	1%
<b>Total Carbohydrates</b>	26g	9%
Dietary Fiber	0g	0%
<b>Protein</b>	0g	

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<b>Vitamin A</b>	0%
<b>Vitamin C</b>	0%
<b>Calcium</b>	1%
<b>Iron</b>	2%

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