

Holiday Punch

The Brick House - Goodfield, IL

The Great Country Inns of America Cookbook (2nd ed) (1992)

1 package (3 ounce) cherry gelatin dessert
1 cup boiling water
1 can (6 ounce) frozen lemonade or pineapple concentrate
3 cups cold water
1 quart cranberry juice cocktail
12 ounces ginger ale (or white wine) ice cream (optional)

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Dissolve the gelatin in boiling water. Add the lemonade, cold water and cranberry juice. Chill.

Just before serving, pour the fruit mixture over the ice cubes in a large punch bowl.

Add the ginger ale.

Ice cream dollops can be floated on top of the punch for a frosty effect.

Per Serving (excluding unknown items): 577 Calories; 1g Fat (1.5% calories from fat); 0g Protein; 146g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 49mg Sodium. Exchanges: 9 Fruit.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	577	Vitamin B6 (mg):	.2mg
% Calories from Fat:	1.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	98.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	0.0%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	1g	Folacin (mcg):	2mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	146g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	0g	Lean Meat:	0
Sodium (mg):	49mg	Vegetable:	0

Potassium (mg): 182mg
Calcium (mg): 49mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 358mg
Vitamin A (i.u.): 40IU
Vitamin A (r.e.): 0RE

Fruit: 9
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 577 Calories from Fat: 9

% Daily Values*

Total Fat	1g	2%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	49mg	2%
Total Carbohydrates	146g	49%
Dietary Fiber	1g	4%
Protein	0g	
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Vitamin A		1%
Vitamin C		597%
Calcium		5%
Iron		9%

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