

# Tingle Bells Punch

Rosemary Corcoran

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

**Yield: 35 four-ounce cups**

*2 quarts cranberry juice cocktail, chilled*

*1 can (6 ounce) frozen lemonade concentrate, thawed*

*1/2 cup maraschino cherry juice*

*2 trays ice cubes*

*8 cans (7 ounce ea) lemon-lime carbonated beverage, chilled*

In a punch bowl, combine the cranberry juice, lemonade and cherry juice. Add the ice cubes or ice ring. Stir gently.

Pour the lemon-lime beverage down the side of the bowl to retain the bubbles.

Garnish, if desired, with lemon slices, orange wedges and maraschino cherries (or alternate these on cocktail picks and add one to each cup.

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Per Serving (excluding unknown items): 1154 Calories; 2g Fat (1.5% calories from fat); 0g Protein; 291g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 42mg Sodium. Exchanges: 18 Fruit.

Beverages

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	1154	<b>Vitamin B6 (mg):</b>	.3mg
<b>% Calories from Fat:</b>	1.5%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	98.5%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	0.0%	<b>Riboflavin B2 (mg):</b>	.2mg
<b>Total Fat (g):</b>	2g	<b>Folacin (mcg):</b>	4mcg
<b>Saturated Fat (g):</b>	trace	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	trace	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	0mg	<b>% Daily Value*</b>	n n%
<b>Carbohydrate (g):</b>	291g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	2g	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	0g	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	42mg	<b>Vegetable:</b>	0

**Potassium (mg):** 364mg  
**Calcium (mg):** 62mg  
**Iron (mg):** 3mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 716mg  
**Vitamin A (i.u.):** 81IU  
**Vitamin A (r.e.):** 0RE

**Fruit:** 18  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 1154                      Calories from Fat: 18

### % Daily Values\*

<b>Total Fat</b> 2g	3%
Saturated Fat trace	1%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 42mg	2%
<b>Total Carbohydrates</b> 291g	97%
Dietary Fiber 2g	8%
<b>Protein</b> 0g	
<b>Vitamin A</b>	2%
<b>Vitamin C</b>	1194%
<b>Calcium</b>	6%
<b>Iron</b>	16%

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