

Roy Rogers

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



138 kcal

SIDE DISH

Ingredients

- 8 ounces coca-cola
- 0.5 ounce grenadine syrup
- 1 serving ice cubes
- 2 maraschino cherries

Equipment

- drinking straws

Directions

- Fill a 12-ounce highball glass with ice and add the cola and grenadine. Stir gently with a cocktail spoon or straw to combine.
- Garnish with the maraschino cherries and serve.

Nutrition Facts

PROTEIN 0.51% **FAT 0.42%** **CARBS 99.07%**

Properties

Glycemic Index:163, Glycemic Load:23.14, Inflammation Score:1, Nutrition Score:0.45652173329955%

Nutrients (% of daily need)

Calories: 138.4kcal (6.92%), Fat: 0.07g (0.1%), Saturated Fat: 0g (0.02%), Carbohydrates: 35.37g (11.79%), Net Carbohydrates: 35.05g (12.74%), Sugar: 30.82g (34.25%), Cholesterol: 0mg (0%), Sodium: 16.1mg (0.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 18.14mg (6.05%), Protein: 0.18g (0.36%), Phosphorus: 23.55mg (2.35%), Iron: 0.3mg (1.66%), Copper: 0.03mg (1.46%), Fiber: 0.32g (1.28%), Calcium: 12.47mg (1.25%)