

Apple Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



250 kcal

BEVERAGE

DRINK

Ingredients

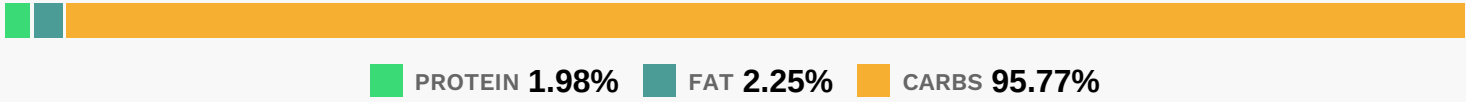
- ☐ 1.5 cups apple juice
- ☐ 1.5 cups 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 3 medium apples with skin on (3 cups) sliced
- ☐ 0.5 cup calvados
- ☐ 3 cups wine dry white
- ☐ 1 cup seltzer water

Equipment

Directions

- ☐ Place apples in a large chilled glass pitcher.
- ☐ Add juices, Calvados (if using), water or seltzer, and wine; stir. Cover and refrigerate for 2–4 hours.
- ☐ Remove from fridge. Fill 6 glasses halfway with ice cubes; add 1 1/4 cups sangria with fruit.

Nutrition Facts



Properties

Glycemic Index:26.46, Glycemic Load:10.88, Inflammation Score:-5, Nutrition Score:4.1817391113095%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 10.43mg, Epicatechin: 10.43mg, Epicatechin: 10.43mg, Epicatechin: 10.43mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 249.54kcal (12.48%), Fat: 0.32g (0.49%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 30.4g (10.13%), Net Carbohydrates: 28.03g (10.19%), Sugar: 24.23g (26.93%), Cholesterol: 0mg (0%), Sodium: 19.14mg (0.83%), Alcohol: 19.04g (100%), Alcohol %: 6.1% (100%), Protein: 0.63g (1.26%), Vitamin C: 10.63mg (12.88%), Manganese: 0.22mg (11.11%), Fiber: 2.37g (9.48%), Potassium: 295.08mg (8.43%), Vitamin B6: 0.14mg (7.08%), Vitamin E: 0.93mg (6.19%), Magnesium: 23.84mg (5.96%), Vitamin K: 5.71µg (5.44%), Phosphorus: 44.97mg (4.5%), Copper: 0.08mg (3.91%), Vitamin B2: 0.06mg (3.79%), Iron: 0.68mg (3.76%), Calcium: 28.25mg (2.83%), Vitamin B1: 0.04mg (2.76%), Zinc: 0.3mg (2.02%), Vitamin B3: 0.32mg (1.59%), Vitamin A: 78.22IU (1.56%), Vitamin B5: 0.14mg (1.4%), Folate: 4.56µg (1.14%)