



## Apple Sangria



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



469 kcal

BEVERAGE

DRINK

## Ingredients

- ☐ 0.5 cup apple schnapps
- ☐ 2 pounds honeycrisp apple chopped
- ☐ 4 horizontal honeycrisp apple cored thin
- ☐ 2 sticks cinnamon (3-inch)
- ☐ 0.3 cup club soda chilled divided
- ☐ 0.5 inch ginger fresh peeled
- ☐ 0.3 cup honey
- ☐ 1 large navel oranges quartered

☐ 750 milliliter red wine    fruity (such as Beaujolais)

## Equipment

☐ bowl

☐ sieve

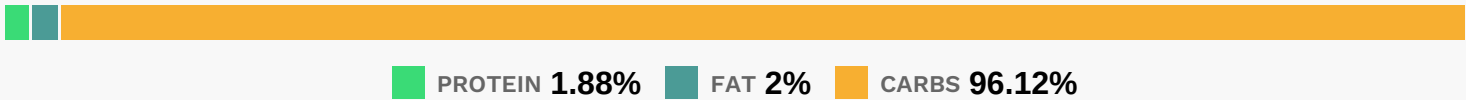
## Directions

☐ Combine first 8 ingredients in a large bowl; stir well. Refrigerate 4 hours or until thoroughly chilled.

☐ Strain wine mixture through a sieve into a bowl; discard solids.

☐ Pour about 2/3 cup sangria over ice in each of 4 glasses; top each serving with 1 tablespoon club soda and 1 apple slice.

## Nutrition Facts



## Properties

Glycemic Index:45.82, Glycemic Load:25.38, Inflammation Score:-8, Nutrition Score:12.219565158305%

## Flavonoids

Cyanidin: 7.02mg, Cyanidin: 7.02mg, Cyanidin: 7.02mg, Cyanidin: 7.02mg Petunidin: 3.77mg, Petunidin: 3.77mg, Petunidin: 3.77mg, Petunidin: 3.77mg Delphinidin: 3.82mg, Delphinidin: 3.82mg, Delphinidin: 3.82mg, Delphinidin: 3.82mg Malvidin: 26.32mg, Malvidin: 26.32mg, Malvidin: 26.32mg, Malvidin: 26.32mg Peonidin: 2.46mg, Peonidin: 2.46mg, Peonidin: 2.46mg, Peonidin: 2.46mg Catechin: 19.1mg, Catechin: 19.1mg, Catechin: 19.1mg, Catechin: 19.1mg Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg Epicatechin: 39.17mg, Epicatechin: 39.17mg, Epicatechin: 39.17mg, Epicatechin: 39.17mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.81mg, Epigallocatechin 3-gallate: 0.81mg, Epigallocatechin 3-gallate: 0.81mg, Epigallocatechin 3-gallate: 0.81mg Hesperetin: 8.85mg, Hesperetin: 8.85mg, Hesperetin: 8.85mg, Hesperetin: 8.85mg Naringenin: 5.85mg, Naringenin: 5.85mg, Naringenin: 5.85mg, Naringenin: 5.85mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 19.07mg, Quercetin: 19.07mg, Quercetin: 19.07mg, Quercetin: 19.07mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 468.95kcal (23.45%), Fat: 0.8g (1.23%), Saturated Fat: 0.13g (0.83%), Carbohydrates: 86.95g (28.98%), Net Carbohydrates: 75g (27.27%), Sugar: 65.74g (73.05%), Cholesterol: 0mg (0%), Sodium: 16.44mg (0.71%), Alcohol: 20.16g (100%), Alcohol %: 3.71% (100%), Protein: 1.7g (3.41%), Vitamin C: 40.42mg (49%), Fiber: 11.95g (47.78%), Manganese: 0.73mg (36.73%), Potassium: 776.28mg (22.18%), Vitamin B6: 0.32mg (15.97%), Magnesium: 49.89mg (12.47%), Vitamin B2: 0.2mg (11.54%), Vitamin K: 10.65µg (10.14%), Phosphorus: 100.75mg (10.07%), Iron: 1.67mg (9.28%), Copper: 0.17mg (8.28%), Calcium: 75.42mg (7.54%), Vitamin B1: 0.11mg (7.07%), Folate: 27.16µg (6.79%), Vitamin A: 324.6IU (6.49%), Vitamin E: 0.86mg (5.73%), Vitamin B3: 1.02mg (5.08%), Vitamin B5: 0.43mg (4.3%), Zinc: 0.56mg (3.74%)