



## Basil, Peach and Raspberry Summer Sangría

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



182 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup peach nectar
- 0.5 cup amaretto
- 1 liter ginger ale (4 cups)
- 750 ml white zinfandel wine
- 2 peaches fresh pitted cut into thin wedges
- 0.5 cup raspberries fresh
- 1 handful basil fresh

### Equipment

bowl

## Directions

In punch bowl or very large pitcher, mix nectar, amaretto, ginger ale and wine.

Add peaches, raspberries and basil. Refrigerate until serving time.

Serve cold.

## Nutrition Facts



**PROTEIN 1.75%** **FAT 2.19%** **CARBS 96.06%**

## Properties

Glycemic Index:16.6, Glycemic Load:5.52, Inflammation Score:-4, Nutrition Score:1.9447826043419%

## Flavonoids

Cyanidin: 2.77mg, Cyanidin: 2.77mg, Cyanidin: 2.77mg, Cyanidin: 2.77mg Petunidin: 4.15mg, Petunidin: 4.15mg, Petunidin: 4.15mg, Petunidin: 4.15mg Delphinidin: 2.5mg, Delphinidin: 2.5mg, Delphinidin: 2.5mg, Delphinidin: 2.5mg Malvidin: 59.13mg, Malvidin: 59.13mg, Malvidin: 59.13mg, Malvidin: 59.13mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 2.46mg, Peonidin: 2.46mg, Peonidin: 2.46mg, Peonidin: 2.46mg Catechin: 7.44mg, Catechin: 7.44mg, Catechin: 7.44mg, Catechin: 7.44mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 5.47mg, Epicatechin: 5.47mg, Epicatechin: 5.47mg, Epicatechin: 5.47mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

## Nutrients (% of daily need)

Calories: 181.61kcal (9.08%), Fat: 0.25g (0.38%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 24.52g (8.17%), Net Carbohydrates: 23.8g (8.65%), Sugar: 20.24g (22.49%), Cholesterol: 0mg (0%), Sodium: 17.81mg (0.77%), Alcohol: 12.1g (100%), Alcohol %: 7.43% (100%), Protein: 0.45g (0.9%), Manganese: 0.14mg (7.06%), Copper: 0.08mg (3.77%), Potassium: 105.9mg (3.03%), Vitamin A: 145.48IU (2.91%), Fiber: 0.72g (2.89%), Vitamin C: 2.37mg (2.87%), Magnesium: 10.77mg (2.69%), Iron: 0.44mg (2.47%), Vitamin B1: 0.03mg (2.11%), Vitamin B3: 0.4mg (1.99%), Vitamin K: 2.08µg (1.98%), Vitamin E: 0.29mg (1.92%), Vitamin B2: 0.03mg (1.49%), Selenium: 1µg (1.43%), Phosphorus: 13.87mg (1.39%), Calcium: 11.37mg (1.14%), Zinc: 0.17mg (1.13%)