



Berry Rosé Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



195 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 cups berries such as blackberries assorted
- ☐ 0.3 cup crème de cassis
- ☐ 2 teaspoons juice of lemon fresh to taste
- ☐ 0.5 cup sugar
- ☐ 1 cup water
- ☐ 750 ml rosé wine dry chilled

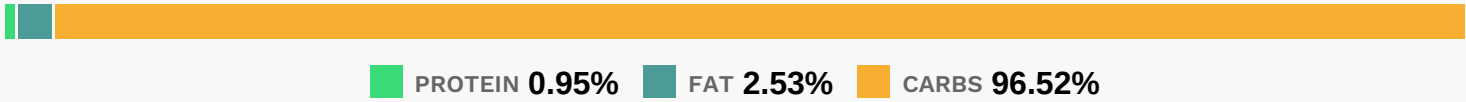
Equipment

- ☐ sauce pan

Directions

- ☐ Put berries into a heatproof pitcher. Bring sugar, water, and crème de cassis just to a simmer in a small saucepan, stirring until sugar is dissolved.
- ☐ Pour syrup into heatproof pitcher and let stand 5 minutes.
- ☐ Add wine and lemon juice and stir mixture well. Chill, covered, until ready to serve.
- ☐ Serve over ice.
- ☐ Sangria keeps, chilled and covered, up to 3 days.

Nutrition Facts



Properties

Glycemic Index:14.18, Glycemic Load:12.15, Inflammation Score:-4, Nutrition Score:2.4704347667487%

Flavonoids

Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg Petunidin: 7.04mg, Petunidin: 7.04mg, Petunidin: 7.04mg, Petunidin: 7.04mg Delphinidin: 8.37mg, Delphinidin: 8.37mg, Delphinidin: 8.37mg, Delphinidin: 8.37mg Malvidin: 19.24mg, Malvidin: 19.24mg, Malvidin: 19.24mg, Malvidin: 19.24mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 194.57kcal (9.73%), Fat: 0.31g (0.47%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 26.2g (8.73%), Net Carbohydrates: 25.15g (9.15%), Sugar: 22.26g (24.74%), Cholesterol: 0mg (0%), Sodium: 10.07mg (0.44%), Alcohol: 13.19g (100%), Alcohol %: 7.17% (100%), Protein: 0.26g (0.51%), Manganese: 0.22mg (10.82%), Vitamin K: 6.36µg (6.05%), Vitamin B6: 0.09mg (4.61%), Potassium: 148.61mg (4.25%), Fiber: 1.05g (4.2%), Magnesium: 16.48mg (4.12%), Iron: 0.55mg (3.08%), Phosphorus: 29.76mg (2.98%), Vitamin B2: 0.05mg (2.76%), Vitamin B3: 0.41mg (2.07%), Vitamin C: 1.61mg (1.96%), Calcium: 15.19mg (1.52%), Copper: 0.03mg (1.51%), Zinc: 0.21mg (1.37%), Vitamin B1: 0.02mg (1.28%), Vitamin E: 0.19mg (1.26%), Folate: 4.31µg (1.08%)