



Blood-Red Sangria Cocktail

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



1

CALORIES



1166 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup sugar
- ☐ 1 cup red wine such as merlot or zinfandel
- ☐ 1 cup cherries dark sweet pitted stemmed halved
- ☐ 1 stick cinnamon
- ☐ 1 Strips orange zest (orange part only)
- ☐ 1 serving ice cubes
- ☐ 1.5 oz citron (citrus)
- ☐ 1 oz clear candies orange-flavored

- ☐ 1 oz simple syrup glaze chilled (above)
- ☐ 1 cherry tomatoes dark sweet

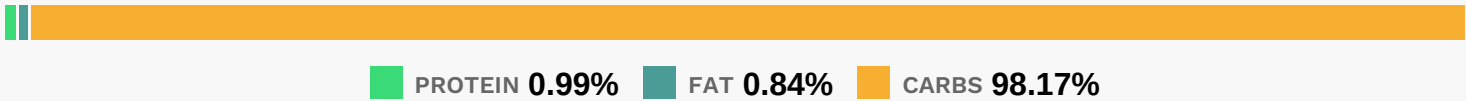
Equipment

- ☐ sauce pan
- ☐ sieve

Directions

- ☐ To make simple syrup, in 1 1/2-quart saucepan, mix sangria simple syrup ingredients.
- ☐ Heat to boiling over medium heat. Simmer 3 minutes, stirring occasionally.
- ☐ Remove from heat; let cool 30 minutes. Strain mixture through fine mesh strainer; discard solids. Cover and chill sangria syrup until ready to use. Makes about 1 1/2 cups.
- ☐ To make cocktail, fill cocktail shaker with ice.
- ☐ Add vodka and orange liqueur to cocktail shaker; cover and shake. Strain into martini glass.
- ☐ Drizzle sangria syrup into cocktail in glass.
- ☐ Garnish with cherry.

Nutrition Facts



Properties

Glycemic Index:97.09, Glycemic Load:143.89, Inflammation Score:-7, Nutrition Score:7.8226086160411%

Flavonoids

Cyanidin: 41.69mg, Cyanidin: 41.69mg, Cyanidin: 41.69mg, Cyanidin: 41.69mg Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg Peonidin: 2.07mg, Peonidin: 2.07mg, Peonidin: 2.07mg, Peonidin: 2.07mg Catechin: 6.02mg, Catechin: 6.02mg, Catechin: 6.02mg, Catechin: 6.02mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 6.9mg, Epicatechin: 6.9mg, Epicatechin: 6.9mg, Epicatechin: 6.9mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

Nutrients (% of daily need)

Calories: 1166.31kcal (58.32%), Fat: 0.98g (1.51%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 256.94g (85.65%), Net Carbohydrates: 250.68g (91.16%), Sugar: 239.15g (265.73%), Cholesterol: 0mg (0%), Sodium: 24.13mg (1.05%), Alcohol: 26.2g (100%), Alcohol %: 4.42% (100%), Protein: 2.58g (5.16%), Manganese: 0.73mg (36.69%), Vitamin C: 27.23mg (33.01%), Fiber: 6.26g (25.03%), Iron: 2.24mg (12.47%), Potassium: 382.49mg (10.93%), Calcium: 76.61mg (7.66%), Copper: 0.14mg (6.85%), Vitamin B2: 0.11mg (6.27%), Magnesium: 22.42mg (5.61%), Vitamin B1: 0.08mg (5.48%), Vitamin B6: 0.09mg (4.42%), Vitamin A: 217.87IU (4.36%), Vitamin K: 4.47µg (4.25%), Phosphorus: 38.46mg (3.85%), Vitamin B5: 0.31mg (3.14%), Selenium: 1.6µg (2.29%), Folate: 8.24µg (2.06%), Vitamin B3: 0.39mg (1.93%), Vitamin E: 0.28mg (1.84%), Zinc: 0.27mg (1.78%)