

## Blushing Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



458 kcal

BEVERAGE

DRINK

### Ingredients

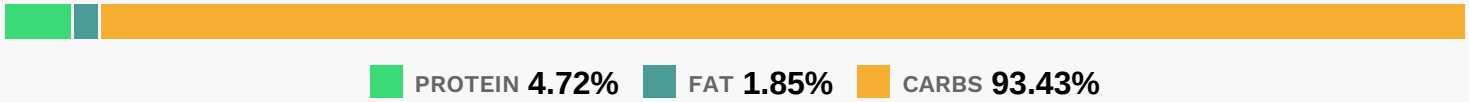
- ☐ 0.5 cup brandy
- ☐ 1 bottle cooking wine dry red recommended: Sterling Vintners Collection Meritage
- ☐ 1 nectarines sliced
- ☐ 1 cranberry-orange relish sliced
- ☐ 2 cups grapes red sliced in 1/2
- ☐ 2 cups seltzer water
- ☐ 1 bottle white wine recommended: Sterling Vintners Collection Sauvignon Blanc

### Equipment

# Directions

- ☐ Watch how to make this recipe.
- ☐ Cook's Note: Canned fruit cocktail can be substituted for the fresh fruit
- ☐ Add the grapes, nectarines and orange to a large pitcher.
- ☐ Pour in the brandy, wine and sparkling water.
- ☐ Mix well, then refrigerate for at least 1 hour. When you are ready to serve, fill glasses with ice, if desired, and pour in the sangria. Spoon some of the fruit into the each glass and serve

## Nutrition Facts



## Properties

Glycemic Index:36.63, Glycemic Load:8.45, Inflammation Score:-8, Nutrition Score:4.732608674661%

## Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Petunidin: 6.22mg, Petunidin: 6.22mg, Petunidin: 6.22mg, Petunidin: 6.22mg Delphinidin: 7.84mg, Delphinidin: 7.84mg, Delphinidin: 7.84mg, Delphinidin: 7.84mg Malvidin: 49.2mg, Malvidin: 49.2mg, Malvidin: 49.2mg, Malvidin: 49.2mg Peonidin: 3.47mg, Peonidin: 3.47mg, Peonidin: 3.47mg, Peonidin: 3.47mg Catechin: 15.5mg, Catechin: 15.5mg, Catechin: 15.5mg, Catechin: 15.5mg Epicatechin: 20.89mg, Epicatechin: 20.89mg, Epicatechin: 20.89mg, Epicatechin: 20.89mg Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

## Nutrients (% of daily need)

Calories: 458.13kcal (22.91%), Fat: 0.26g (0.4%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 29.51g (9.84%), Net Carbohydrates: 27.51g (10%), Sugar: 17.57g (19.52%), Cholesterol: 0mg (0%), Sodium: 31.27mg (1.36%), Alcohol: 49.4g (100%), Alcohol %: 9.39% (100%), Protein: 1.49g (2.98%), Vitamin C: 20.87mg (25.3%), Vitamin K: 11.73µg (11.17%), Fiber: 2g (7.99%), Copper: 0.15mg (7.66%), Potassium: 252.95mg (7.23%), Vitamin B1: 0.09mg (6.3%), Vitamin A: 241.38IU (4.83%), Vitamin B6: 0.09mg (4.69%), Vitamin B2: 0.08mg (4.51%), Manganese: 0.09mg (4.38%), Folate: 13.47µg (3.37%), Magnesium: 12.94mg (3.23%), Vitamin B3: 0.64mg (3.18%), Phosphorus: 30.11mg (3.01%), Vitamin E: 0.42mg (2.79%), Calcium: 27.27mg (2.73%), Iron: 0.43mg (2.42%), Zinc: 0.28mg (1.87%), Vitamin B5: 0.19mg (1.85%)