



## Cambodian Sangria

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



20

CALORIES



499 kcal

BEVERAGE

DRINK

### Ingredients

- 20 servings carrot juice
- 20 servings mangos
- 20 servings coconut meat
- 20 servings orange juice
- 20 servings pineapple
- 20 servings red wine
- 20 servings salt
- 20 servings thai basil

20 servings watermelon

20 servings wine

## Equipment

## Directions

In a large container, mix all ingredients

Chill for 2 hours.

Serve and get happy

## Nutrition Facts



**PROTEIN 6.24%** **FAT 4.08%** **CARBS 89.68%**

## Properties

Glycemic Index:19.5, Glycemic Load:35.17, Inflammation Score:-10, Nutrition Score:25.90608695279%

## Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Petunidin: 2.91mg, Petunidin: 2.91mg, Petunidin: 2.91mg, Petunidin: 2.91mg Delphinidin: 2.95mg, Delphinidin: 2.95mg, Delphinidin: 2.95mg, Delphinidin: 2.95mg Malvidin: 20.43mg, Malvidin: 20.43mg, Malvidin: 20.43mg, Malvidin: 20.43mg Peonidin: 1.84mg, Peonidin: 1.84mg, Peonidin: 1.84mg, Peonidin: 1.84mg Catechin: 11.64mg, Catechin: 11.64mg, Catechin: 11.64mg, Catechin: 11.64mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 6.38mg, Epicatechin: 6.38mg, Epicatechin: 6.38mg, Epicatechin: 6.38mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 21.83mg, Hesperetin: 21.83mg, Hesperetin: 21.83mg, Hesperetin: 21.83mg Naringenin: 6.8mg, Naringenin: 6.8mg, Naringenin: 6.8mg, Naringenin: 6.8mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg Gallic acid: 0.12mg, Gallic acid: 0.12mg, Gallic acid: 0.12mg, Gallic acid: 0.12mg

## Nutrients (% of daily need)

Calories: 499.04kcal (24.95%), Fat: 1.39g (2.13%), Saturated Fat: 0.42g (2.65%), Carbohydrates: 68.59g (22.86%), Net Carbohydrates: 64.89g (23.6%), Sugar: 46.91g (52.12%), Cholesterol: 0mg (0%), Sodium: 290.52mg (12.63%),

Alcohol: 30.72g (100%), Alcohol %: 4.1% (100%), Protein: 4.77g (9.55%), Vitamin A: 24666.63IU (493.33%), Vitamin C: 157.9mg (191.4%), Manganese: 1.45mg (72.67%), Potassium: 1390.32mg (39.72%), Vitamin B6: 0.7mg (35.23%), Vitamin B1: 0.44mg (29.03%), Vitamin K: 28.84µg (27.46%), Magnesium: 107.17mg (26.79%), Folate: 83.96µg (20.99%), Copper: 0.37mg (18.64%), Phosphorus: 178.52mg (17.85%), Iron: 2.96mg (16.43%), Vitamin B2: 0.27mg (15.93%), Vitamin B5: 1.51mg (15.06%), Fiber: 3.7g (14.79%), Vitamin B3: 2.56mg (12.82%), Vitamin E: 1.62mg (10.8%), Calcium: 106.25mg (10.62%), Zinc: 1.09mg (7.25%), Selenium: 2.63µg (3.76%)