



Carolina Peach Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



165 kcal

BEVERAGE

DRINK

Ingredients

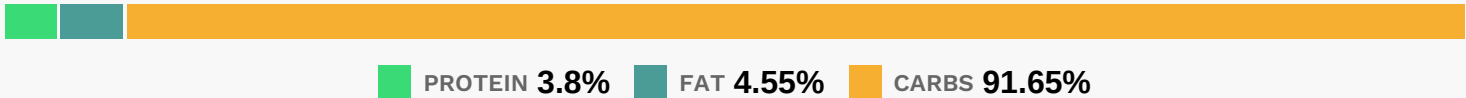
- ☐ 2 cups seltzer water chilled
- ☐ 6 tablespoons lemonade concentrate frozen thawed
- ☐ 0.5 cup peach nectar
- ☐ 1 pound peaches ripe peeled sliced
- ☐ 6 oz raspberries fresh
- ☐ 2 tablespoons sugar
- ☐ 0.8 cup vodka
- ☐ 750 milliliter cooking wine

Equipment

Directions

- ☐
- Combine first 5 ingredients in a pitcher; stir until sugar is dissolved. Stir in peaches and raspberries. Cover and chill 8 hours.
- ☐
- Stir in chilled club soda just before serving.
- ☐
- *Peach-flavored vodka may be substituted. Omit peach nectar.
- ☐
- **1 cup frozen raspberries may be substituted.

Nutrition Facts



Properties

Glycemic Index:16.63, Glycemic Load:3.79, Inflammation Score:-5, Nutrition Score:3.3539130843204%

Flavonoids

Cyanidin: 8.66mg, Cyanidin: 8.66mg, Cyanidin: 8.66mg, Cyanidin: 8.66mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 165.35kcal (8.27%), Fat: 0.37g (0.58%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 16.94g (5.65%), Net Carbohydrates: 15.11g (5.5%), Sugar: 13.01g (14.45%), Cholesterol: 0mg (0%), Sodium: 22mg (0.96%), Alcohol: 13.92g (100%), Alcohol %: 7.76% (100%), Protein: 0.7g (1.4%), Manganese: 0.24mg (12%), Vitamin C: 7.48mg (9.06%), Fiber: 1.83g (7.3%), Potassium: 167.64mg (4.79%), Magnesium: 17.33mg (4.33%), Vitamin A: 185.61IU (3.71%), Vitamin E: 0.52mg (3.49%), Vitamin B6: 0.07mg (3.41%), Iron: 0.58mg (3.21%), Copper: 0.06mg (3.21%), Phosphorus: 32.02mg (3.2%), Vitamin B3: 0.61mg (3.07%), Vitamin K: 2.85µg (2.72%), Vitamin B2: 0.04mg (2.45%), Zinc: 0.33mg (2.18%), Vitamin B1: 0.03mg (2.02%), Folate: 7.8µg (1.95%), Selenium: 1.21µg (1.73%), Vitamin B5: 0.17mg (1.72%), Calcium:

15.91mg (1.59%)