



Cava Sangria

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



111 kcal

BEVERAGE

DRINK

Ingredients

- 5 servings granulated sugar fresh
- 8 large mint leaves
- 0.3 cup orange liqueur
- 0.5 cup strawberries fresh sliced
- 0.8 cup grape juice white chilled

Equipment

- wooden spoon

Directions

- Press mint leaves against sides of a large pitcher with back of a wooden spoon to release flavors. Stir in sparkling wine and next 3 ingredients.
- Serve immediately over ice.
- Garnish, if desired.
- *Other sparkling wine or Champagne may be substituted.
- Note: We tested with Cointreau and Grand Marnier orange liqueurs.

Nutrition Facts

PROTEIN 1.32% **FAT 1.74%** **CARBS 96.94%**

Properties

Glycemic Index:22.02, Glycemic Load:8.7, Inflammation Score:-2, Nutrition Score:1.6591304573028%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg Malvidin: 4.24mg, Malvidin: 4.24mg, Malvidin: 4.24mg, Malvidin: 4.24mg Pelargonidin: 3.59mg, Pelargonidin: 3.59mg, Pelargonidin: 3.59mg, Pelargonidin: 3.59mg Peonidin: 0.41mg, Peonidin: 0.41mg, Peonidin: 0.41mg, Peonidin: 0.41mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 111.04kcal (5.55%), Fat: 0.18g (0.28%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 22.7g (7.57%), Net Carbohydrates: 22.21g (8.08%), Sugar: 21.87g (24.3%), Cholesterol: 0mg (0%), Sodium: 3.6mg (0.16%), Alcohol: 3.07g (100%), Alcohol %: 5% (100%), Caffeine: 3.07mg (1.02%), Protein: 0.31g (0.62%), Vitamin C: 9.01mg (10.93%),

Manganese: 0.17mg (8.38%), Potassium: 74.38mg (2.13%), Fiber: 0.49g (1.97%), Magnesium: 7.3mg (1.83%), Vitamin A: 72.73IU (1.45%), Iron: 0.25mg (1.38%), Folate: 5.28µg (1.32%), Copper: 0.02mg (1.23%), Calcium: 10.6mg (1.06%), Phosphorus: 10.65mg (1.06%), Vitamin B6: 0.02mg (1.05%)