



Champagne Sangria

READY IN



2 min.

SERVINGS



8

CALORIES



210 kcal

SIDE DISH

Ingredients

- ☐ 1 cup mint leaves fresh packed
- ☐ 8 servings ice cubes crushed
- ☐ 1 lemon zest thinly sliced
- ☐ 1 lime zest thinly sliced
- ☐ 5 mint sprigs fresh
- ☐ 0.5 cup orange juice
- ☐ 0.5 cup strawberries sliced
- ☐ 2 cups sugar
- ☐ 2 cups water

- ☐ 750 ml prosecco french chilled
- ☐ 750 ml prosecco french chilled

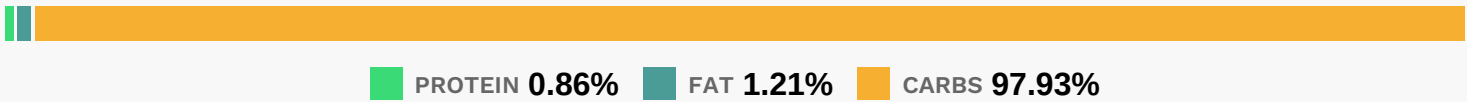
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large pitcher, combine the Prosecco, orange juice, Mint Simple Syrup, lemon zest, and lime zest.
- ☐ Add the sliced strawberries, lemon slices, lime slices, and mint sprigs.
- ☐ Fill glasses with crushed ice and pour the sangria over the top.
- ☐ Serve immediately.
- ☐ In a small saucepan, combine the sugar, water, and mint over medium heat. Bring to a boil, reduce heat, and simmer for 5 minutes, stirring occasionally, until the sugar has dissolved.
- ☐ Remove the pan from the heat and allow the syrup to cool for 20 minutes. Strain before using.

Nutrition Facts



Properties

Glycemic Index:24.26, Glycemic Load:36.14, Inflammation Score:-3, Nutrition Score:2.7847826053267%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 1.96mg, Eriodictyol: 1.96mg, Eriodictyol: 1.96mg, Eriodictyol: 1.96mg

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Nutrients (% of daily need)

Calories: 209.6kcal (10.48%), Fat: 0.3g (0.45%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 54.03g (18.01%), Net Carbohydrates: 53.01g (19.28%), Sugar: 51.81g (57.57%), Cholesterol: 0mg (0%), Sodium: 5.9mg (0.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.95%), Vitamin C: 18.43mg (22.34%), Vitamin A: 302.14IU (6.04%), Manganese: 0.11mg (5.65%), Fiber: 1.02g (4.1%), Folate: 14.7µg (3.68%), Potassium: 91.07mg (2.6%), Iron: 0.47mg (2.59%), Copper: 0.05mg (2.55%), Calcium: 24.41mg (2.44%), Magnesium: 9.09mg (2.27%), Vitamin B2: 0.04mg (2.06%), Vitamin B1: 0.02mg (1.61%), Vitamin B6: 0.02mg (1.17%), Vitamin B3: 0.22mg (1.12%), Phosphorus: 10.95mg (1.1%)