



Cherry-Peach Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



500 min.

SERVINGS



8

CALORIES



175 kcal

Ingredients



0.3 cup brandy



1 cup seltzer water chilled



1 peaches thinly sliced



2.5 cups thyme apricot and rainier cherries pitted



0.3 cup sugar



3 thyme leaves



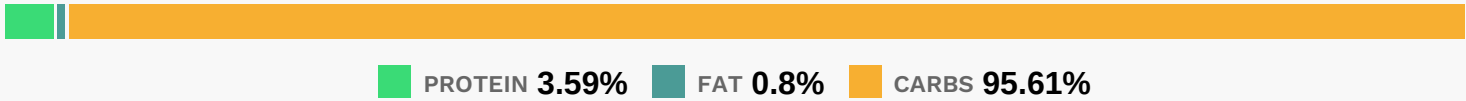
750 milliliter cooking wine chilled

Equipment

Directions

- ☐
- Combine 1/4 cup sugar and 1/4 cup brandy in a pitcher; stir until sugar dissolves.
- ☐
- Add cherries and wine, and chill for 8 hours or up to overnight. Just before serving, stir in club soda and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:5.42, Inflammation Score:0, Nutrition Score:2.3004347915235%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 175.15kcal (8.76%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 20.63g (6.88%), Net Carbohydrates: 18.74g (6.82%), Sugar: 16.84g (18.71%), Cholesterol: 0mg (0%), Sodium: 13.57mg (0.59%), Alcohol: 12.4g (100%), Alcohol %: 6.79% (100%), Protein: 0.78g (1.55%), Vitamin C: 8.76mg (10.62%), Fiber: 1.89g (7.55%), Manganese: 0.14mg (6.89%), Potassium: 120.92mg (3.45%), Magnesium: 12.86mg (3.21%), Vitamin B6: 0.06mg (2.87%), Iron: 0.49mg (2.72%), Phosphorus: 23.84mg (2.38%), Vitamin B2: 0.03mg (1.82%), Vitamin A: 78.94IU (1.58%), Vitamin B3: 0.32mg (1.58%), Zinc: 0.21mg (1.38%), Copper: 0.03mg (1.36%), Calcium: 12.9mg (1.29%)