



Cider Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



8

CALORIES



131 kcal

BEVERAGE

DRINK

Ingredients



1 apples cored sliced



2 cups cantaloupe sliced



750 ml cider



0.5 inch ginger peeled sliced



4 ounces grand marnier



2 cups wedges honeydew melon sliced



8 ounces ice cubes



1 cranberry-orange relish peeled seeded sliced

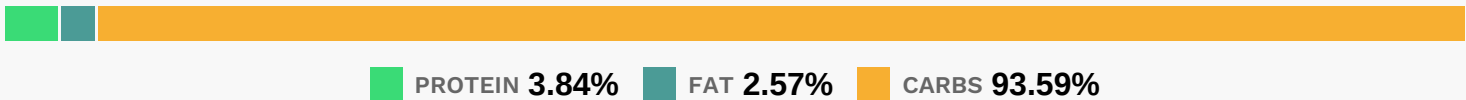
Equipment

- ☐ canning jar

Directions

- ☐ Combine all sliced fruit, ginger root, ice cider, and Grand Marnier in mason jar or other resealable container. Refrigerate for two hours.
- ☐ After two hours, remove and discard the ginger root.
- ☐ Pour the fruit and alcohol mixture into a pitcher.
- ☐ Add 2 cups of ice to mixture.
- ☐ Slowly pour semi-dry cider into pitcher and gently stir to combine.
- ☐ Serve in wine glasses.

Nutrition Facts



Properties

Glycemic Index:19.63, Glycemic Load:3.48, Inflammation Score:-8, Nutrition Score:4.6130434456079%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epigallocatechin: 0.08mg Epicatechin: 1.72mg, Epicatechin: 1.72mg, Epicatechin: 1.72mg, Epicatechin: 1.72mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 4.46mg, Hesperetin: 4.46mg, Hesperetin: 4.46mg, Hesperetin: 4.46mg Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 130.78kcal (6.54%), Fat: 0.24g (0.36%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 19.32g (6.44%), Net Carbohydrates: 17.71g (6.44%), Sugar: 17.55g (19.5%), Cholesterol: 0mg (0%), Sodium: 26.23mg (1.14%), Alcohol: 8.36g (100%), Alcohol %: 4.11% (100%), Caffeine: 3.69mg (1.23%), Protein: 0.79g (1.59%), Vitamin A: 1423.18IU (28.46%), Vitamin C: 21.79mg (26.41%), Fiber: 1.61g (6.43%), Potassium: 219.75mg (6.28%), Folate: 19.32µg (4.83%),

Vitamin B6: 0.07mg (3.66%), Vitamin B1: 0.05mg (3.64%), Copper: 0.07mg (3.45%), Magnesium: 13.12mg (3.28%),
Vitamin B3: 0.55mg (2.73%), Vitamin K: 2.81µg (2.68%), Manganese: 0.04mg (2.17%), Vitamin B2: 0.03mg (1.78%),
Phosphorus: 17.27mg (1.73%), Vitamin B5: 0.16mg (1.64%), Zinc: 0.24mg (1.62%), Selenium: 1.11µg (1.58%), Iron:
0.28mg (1.55%), Calcium: 15.13mg (1.51%)