



Citrus Sangria

 **Vegetarian**  **Vegan**  **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



10

CALORIES



247 kcal

BEVERAGE

DRINK

Ingredients

- 10 servings ice cubes
- 2 lime chilled sliced ()
- 750 ml merlot chilled ()
- 2 cranberry-orange relish chilled sliced ()
- 1 cup pineapple chilled chunk ()
- 750 ml port wine chilled ()
- 0.5 cup sugar
- 0.3 cup water chilled ()

Equipment

Directions

- Dissolve sugar in water.2
- Combine the sugar mixture with wine, port, orange and lime slices and pineapple cubes in a large glass, ceramic or stainless-steel container. 3
- Add ice before serving.

Nutrition Facts

 PROTEIN 2.13%  FAT 0.83%  CARBS 97.04%

Properties

Glycemic Index:21.83, Glycemic Load:9.77, Inflammation Score:-6, Nutrition Score:4.5365217690882%

Flavonoids

Petunidin: 5.04mg, Petunidin: 5.04mg, Petunidin: 5.04mg, Petunidin: 5.04mg Delphinidin: 2.97mg, Delphinidin: 2.97mg, Delphinidin: 2.97mg, Delphinidin: 2.97mg Malvidin: 72.15mg, Malvidin: 72.15mg, Malvidin: 72.15mg, Malvidin: 72.15mg Peonidin: 2.99mg, Peonidin: 2.99mg, Peonidin: 2.99mg, Peonidin: 2.99mg Catechin: 7.5mg, Catechin: 7.5mg, Catechin: 7.5mg, Catechin: 7.5mg Epicatechin: 5.75mg, Epicatechin: 5.75mg, Epicatechin: 5.75mg, Epicatechin: 5.75mg Hesperetin: 12.9mg, Hesperetin: 12.9mg, Hesperetin: 12.9mg, Hesperetin: 12.9mg Naringenin: 4.47mg, Naringenin: 4.47mg, Naringenin: 4.47mg, Naringenin: 4.47mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 246.91kcal (12.35%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 28.92g (9.64%), Net Carbohydrates: 27.69g (10.07%), Sugar: 20.66g (22.96%), Cholesterol: 0mg (0%), Sodium: 13.47mg (0.59%), Alcohol: 19.57g (100%), Alcohol %: 8.89% (100%), Protein: 0.63g (1.27%), Vitamin C: 25.72mg (31.18%), Manganese: 0.35mg (17.51%), Potassium: 244.28mg (6.98%), Magnesium: 21.85mg (5.46%), Fiber: 1.24g (4.94%), Copper: 0.09mg (4.59%), Vitamin B6: 0.08mg (4.13%), Vitamin B1: 0.06mg (3.82%), Iron: 0.69mg (3.81%), Vitamin B2: 0.06mg (3.37%), Folate: 12.65µg (3.16%), Phosphorus: 31.45mg (3.15%), Calcium: 31.08mg (3.11%), Vitamin B3: 0.51mg (2.56%), Vitamin B5: 0.18mg (1.77%), Vitamin A: 75.22IU (1.5%), Zinc: 0.22mg (1.45%), Selenium: 0.79µg (1.13%)