



Classic Sangria

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



131 kcal

BEVERAGE

DRINK

Ingredients

- 1 cranberry-orange relish halved cut into ¼-inch slices
- 1 lime thinly sliced
- 1 apples i use 2 granny smith apples cored cut into 1-inch pieces
- 1 cup grapes green halved
- 0.3 cup brandy
- 750 ml wine dry red such as rioja or cabernet sauvignon
- 32 ounces seltzer water chilled
- 1 serving ice cubes

Equipment

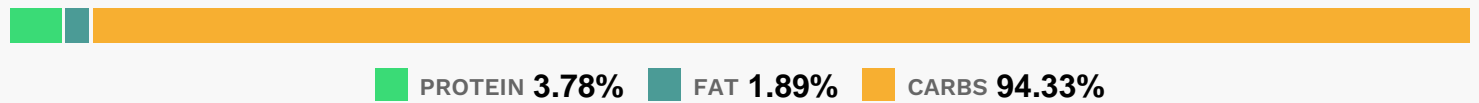
bowl

Directions

In a pitcher or large bowl, combine orange, lime, apple, grapes, brandy, and red wine. Stir to combine and refrigerate 1 hour (or overnight). To serve, add soda and ice.

Anders Schonemann

Nutrition Facts



Properties

Glycemic Index:20.94, Glycemic Load:3.18, Inflammation Score:-5, Nutrition Score:2.1139130566431%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Petunidin: 3.16mg, Petunidin: 3.16mg, Petunidin: 3.16mg, Petunidin: 3.16mg Delphinidin: 3.98mg, Delphinidin: 3.98mg, Delphinidin: 3.98mg, Delphinidin: 3.98mg Malvidin: 24.95mg, Malvidin: 24.95mg, Malvidin: 24.95mg, Malvidin: 24.95mg Peonidin: 1.76mg, Peonidin: 1.76mg, Peonidin: 1.76mg Catechin: 7.62mg, Catechin: 7.62mg, Catechin: 7.62mg, Catechin: 7.62mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 11.85mg, Epicatechin: 11.85mg, Epicatechin: 11.85mg, Epicatechin: 11.85mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 8.06mg, Hesperetin: 8.06mg, Hesperetin: 8.06mg, Hesperetin: 8.06mg Naringenin: 2.79mg, Naringenin: 2.79mg, Naringenin: 2.79mg, Naringenin: 2.79mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 131.32kcal (6.57%), Fat: 0.11g (0.16%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 11.84g (3.95%), Net Carbohydrates: 10.5g (3.82%), Sugar: 6.96g (7.74%), Cholesterol: 0mg (0%), Sodium: 25.01mg (1.09%), Alcohol: 12.49g (100%), Alcohol %: 5.47% (100%), Protein: 0.47g (0.95%), Vitamin C: 12.8mg (15.51%), Fiber: 1.34g (5.37%), Vitamin K: 3.31µg (3.15%), Potassium: 100.99mg (2.89%), Copper: 0.05mg (2.62%), Vitamin B1: 0.03mg (2.27%), Vitamin B6: 0.04mg (1.95%), Calcium: 18.45mg (1.84%), Folate: 6.64µg (1.66%), Vitamin B2: 0.03mg (1.63%), Magnesium: 5.8mg (1.45%), Manganese: 0.03mg (1.43%), Vitamin A: 65.77IU (1.32%), Zinc: 0.16mg (1.07%),

Phosphorus: 10.38mg (1.04%)