

Classic Spanish Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



130 min.

SERVINGS



6

CALORIES



345 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 750 milliliter cooking wine dry red
- ☐ 1 optional: lemon
- ☐ 1 lime
- ☐ 1 cranberry-orange relish
- ☐ 1 cup orange juice
- ☐ 1.5 cups rum
- ☐ 0.5 cup sugar white

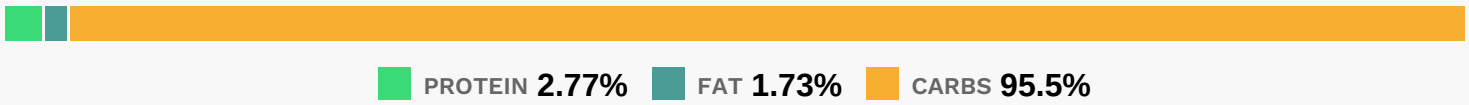
Equipment

☐ wooden spoon

Directions

- ☐ Have the fruit, rum, wine, and orange juice well chilled. Slice the lemon, lime and orange into thin rounds and place in a large glass pitcher.
- ☐ Pour in the rum and sugar. Chill in refrigerator for 2 hours to develop the flavors.
- ☐ When ready to serve, crush the fruit lightly with a wooden spoon and stir in the wine and orange juice. Adjust sweetness to taste.

Nutrition Facts



Properties

Glycemic Index:39.52, Glycemic Load:15.27, Inflammation Score:-7, Nutrition Score:4.3278261491138%

Flavonoids

Petunidin: 4.21mg, Petunidin: 4.21mg, Petunidin: 4.21mg, Petunidin: 4.21mg Delphinidin: 5.3mg, Delphinidin: 5.3mg, Delphinidin: 5.3mg, Delphinidin: 5.3mg Malvidin: 33.27mg, Malvidin: 33.27mg, Malvidin: 33.27mg, Malvidin: 33.27mg Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg Catechin: 9.76mg, Catechin: 9.76mg, Catechin: 9.76mg, Catechin: 9.76mg Epicatechin: 13.52mg, Epicatechin: 13.52mg, Epicatechin: 13.52mg, Epicatechin: 13.52mg Eriodictyol: 3.92mg, Eriodictyol: 3.92mg, Eriodictyol: 3.92mg, Eriodictyol: 3.92mg Hesperetin: 20.71mg, Hesperetin: 20.71mg, Hesperetin: 20.71mg, Hesperetin: 20.71mg Naringenin: 4.71mg, Naringenin: 4.71mg, Naringenin: 4.71mg, Naringenin: 4.71mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 345.44kcal (17.27%), Fat: 0.24g (0.37%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 29.62g (9.87%), Net Carbohydrates: 28.2g (10.25%), Sugar: 22.79g (25.32%), Cholesterol: 0mg (0%), Sodium: 1.76mg (0.08%), Alcohol: 33.35g (100%), Alcohol %: 14.29% (100%), Protein: 0.86g (1.72%), Vitamin C: 45.07mg (54.63%), Fiber: 1.42g (5.69%), Folate: 21.82µg (5.46%), Vitamin B1: 0.07mg (4.69%), Potassium: 159.95mg (4.57%), Vitamin A: 141.34IU (2.83%), Copper: 0.06mg (2.78%), Vitamin B6: 0.05mg (2.47%), Magnesium: 8.84mg (2.21%), Calcium: 21.81mg (2.18%), Vitamin B5: 0.19mg (1.92%), Vitamin B2: 0.03mg (1.91%), Phosphorus: 17.37mg (1.74%), Iron: 0.31mg (1.73%), Manganese: 0.03mg (1.45%), Vitamin B3: 0.28mg (1.38%)