



Cranberry Juice Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



175 kcal

BEVERAGE

DRINK

Ingredients

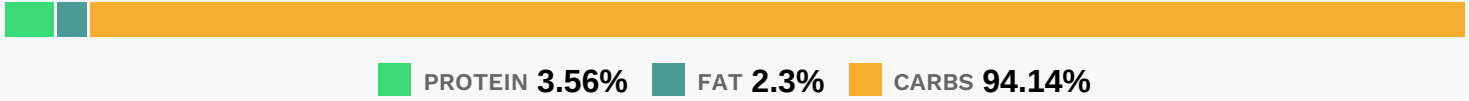
- ☐ 1 apples firm cored thinly sliced quartered
- ☐ 0.5 cup cranberries fresh
- ☐ 4 cups 1/4 cup dried cranberry (juice sweetened if possible) chilled
- ☐ 1 cranberry-orange relish halved thinly sliced
- ☐ 1 cup orange juice
- ☐ 750 ml red wine such as beaujolais fruity

Equipment

Directions

☐ Combine all ingredients and chill at least 4 hours or overnight. Stir well and serve over ice.

Nutrition Facts



Properties

Glycemic Index:30.31, Glycemic Load:12.31, Inflammation Score:-6, Nutrition Score:6.2365216794221%

Flavonoids

Cyanidin: 3.44mg, Cyanidin: 3.44mg, Cyanidin: 3.44mg, Cyanidin: 3.44mg Petunidin: 1.88mg, Petunidin: 1.88mg, Petunidin: 1.88mg, Petunidin: 1.88mg Delphinidin: 2.39mg, Delphinidin: 2.39mg, Delphinidin: 2.39mg, Delphinidin: 2.39mg Malvidin: 13.19mg, Malvidin: 13.19mg, Malvidin: 13.19mg, Malvidin: 13.19mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 4.27mg, Peonidin: 4.27mg, Peonidin: 4.27mg, Peonidin: 4.27mg Catechin: 7.11mg, Catechin: 7.11mg, Catechin: 7.11mg, Catechin: 7.11mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 5.59mg, Epicatechin: 5.59mg, Epicatechin: 5.59mg, Epicatechin: 5.59mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 8.77mg, Hesperetin: 8.77mg, Hesperetin: 8.77mg, Hesperetin: 8.77mg Naringenin: 4.86mg, Naringenin: 4.86mg, Naringenin: 4.86mg, Naringenin: 4.86mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg 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: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 175.38kcal (8.77%), Fat: 0.29g (0.45%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 26.96g (8.99%), Net Carbohydrates: 25.61g (9.31%), Sugar: 22.66g (25.18%), Cholesterol: 0mg (0%), Sodium: 7mg (0.3%), Alcohol: 10.08g (100%), Alcohol %: 4.29% (100%), Protein: 1.02g (2.04%), Vitamin C: 37.9mg (45.94%), Vitamin E: 1.68mg (11.22%), Potassium: 339.17mg (9.69%), Manganese: 0.16mg (8.22%), Vitamin B6: 0.16mg (7.76%), Vitamin K: 7.68µg (7.31%), Magnesium: 25.56mg (6.39%), Copper: 0.11mg (5.53%), Fiber: 1.35g (5.41%), Phosphorus: 49.07mg (4.91%), Iron: 0.87mg (4.85%), Vitamin B2: 0.08mg (4.43%), Folate: 17.17µg (4.29%), Vitamin B1: 0.06mg (4.19%), Vitamin A: 173.71IU (3.47%), Calcium: 29.55mg (2.96%), Vitamin B3: 0.53mg (2.63%), Zinc: 0.3mg (2.01%), Vitamin B5: 0.16mg (1.61%)