



Cranberry-Raspberry Sangría



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups club soda chilled
- 1 cup cranberries fresh
- 48 ounce cranberry-raspberry juice cocktail
- 750 milliliter full-bodied red wine dry spanish
- 1 optional: lemon thinly sliced
- 12 servings garnish: citrus rind curls
- 1 cranberry-orange relish thinly sliced
- 2 tablespoons orange juice

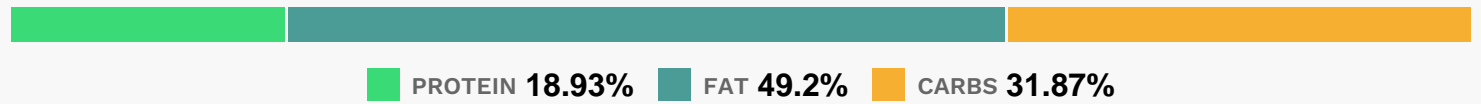
0.3 cup sugar

Equipment

Directions

- Combine first 4 ingredients in a large pitcher, stirring until sugar dissolves.
- Add fruit slices and cranberries; cover and chill at least 8 hours. Stir in club soda and ice cubes just before serving.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:21.51, Glycemic Load:13.24, Inflammation Score:-5, Nutrition Score:12.051304138225%

Flavonoids

Cyanidin: 4.41mg, Cyanidin: 4.41mg, Cyanidin: 4.41mg, Cyanidin: 4.41mg Petunidin: 1.26mg, Petunidin: 1.26mg, Petunidin: 1.26mg, Petunidin: 1.26mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 8.81mg, Malvidin: 8.81mg, Malvidin: 8.81mg, Malvidin: 8.81mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 5.35mg, Peonidin: 5.35mg, Peonidin: 5.35mg, Peonidin: 5.35mg Catechin: 4.77mg, Catechin: 4.77mg, Catechin: 4.77mg, Catechin: 4.77mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 3.89mg, Epicatechin: 3.89mg, Epicatechin: 3.89mg, Epicatechin: 3.89mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 5.89mg, Hesperetin: 5.89mg, Hesperetin: 5.89mg, Hesperetin: 5.89mg Naringenin: 2.84mg, Naringenin: 2.84mg, Naringenin: 2.84mg, Naringenin: 2.84mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 366.34kcal (18.32%), Fat: 17.19g (26.44%), Saturated Fat: 6.54g (40.88%), Carbohydrates: 25.05g (8.35%), Net Carbohydrates: 24.23g (8.81%), Sugar: 20.45g (22.72%), Cholesterol: 60.35mg (20.12%), Sodium: 70.62mg (3.07%), Alcohol: 7.37g (100%), Alcohol %: 2.78% (100%), Protein: 14.88g (29.76%), Vitamin C: 59.71mg (72.38%), Vitamin B12: 1.82µg (30.32%), Zinc: 3.74mg (24.91%), Vitamin B3: 3.83mg (19.17%), Selenium: 13.23µg (18.91%), Vitamin B6: 0.33mg (16.46%), Phosphorus: 154.05mg (15.41%), Iron: 2.15mg (11.92%), Potassium: 366.36mg (10.47%), Manganese: 0.18mg (9.15%), Vitamin B2: 0.15mg (9.08%), Magnesium: 25.97mg (6.49%), Vitamin B5: 0.57mg (5.74%), Vitamin E: 0.74mg (4.94%), Copper: 0.09mg (4.34%), Vitamin B1: 0.05mg (3.59%), Calcium: 33.19mg (3.32%), Fiber: 0.81g (3.26%), Vitamin K: 3.33µg (3.18%), Folate: 10.93µg (2.73%)