



Cranberry Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



140 min.

SERVINGS



10

CALORIES



190 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup brandy
- ☐ 2 cups cranberries fresh
- ☐ 1 slices garnishes: cranberries; orange fresh
- ☐ 1 cup orange juice fresh
- ☐ 750 milliliter red wine fruity
- ☐ 1 cup sugar
- ☐ 1 cup water

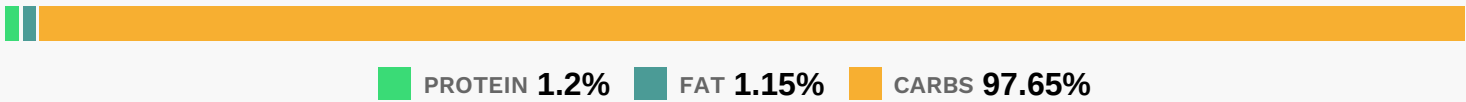
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ dutch oven

Directions

- ☐ Bring first 3 ingredients to a boil in a medium saucepan over medium-high heat. Reduce heat to low, and simmer 5 minutes or until cranberries pop.
- ☐ Pour mixture through a wire-mesh strainer into a bowl, using the back of a spoon to squeeze out juice. Discard solids.
- ☐ Transfer cranberry mixture to a large pitcher. Stir in wine, brandy, and orange juice. Chill 2 hours.
- ☐ Serve over ice; garnish with cranberries and fruit slices, if desired.
- ☐ To serve as a warm mulled cocktail, transfer mixture to a Dutch oven and heat just until it begins to boil.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:23.96, Glycemic Load:16.39, Inflammation Score:-5, Nutrition Score:2.8826086974662%

Flavonoids

Cyanidin: 9.43mg, Cyanidin: 9.43mg, Cyanidin: 9.43mg, Cyanidin: 9.43mg Petunidin: 1.51mg, Petunidin: 1.51mg, Petunidin: 1.51mg, Petunidin: 1.51mg Delphinidin: 3.06mg, Delphinidin: 3.06mg, Delphinidin: 3.06mg, Delphinidin: 3.06mg Malvidin: 10.62mg, Malvidin: 10.62mg, Malvidin: 10.62mg, Malvidin: 10.62mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 10.78mg, Peonidin: 10.78mg, Peonidin: 10.78mg, Peonidin: 10.78mg Catechin: 5.51mg, Catechin: 5.51mg, Catechin: 5.51mg, Catechin: 5.51mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 3.76mg, Epicatechin: 3.76mg, Epicatechin: 3.76mg, Epicatechin: 3.76mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg

0.04mg Hesperetin: 3.82mg, Hesperetin: 3.82mg, Hesperetin: 3.82mg, Hesperetin: 3.82mg Naringenin: 2.09mg, Naringenin: 2.09mg, Naringenin: 2.09mg, Naringenin: 2.09mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 190.41kcal (9.52%), Fat: 0.14g (0.22%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 27.05g (9.02%), Net Carbohydrates: 26.25g (9.54%), Sugar: 23.5g (26.11%), Cholesterol: 0mg (0%), Sodium: 5.19mg (0.23%), Alcohol: 12.07g (100%), Alcohol %: 8.6% (100%), Protein: 0.33g (0.66%), Vitamin C: 15.94mg (19.33%), Manganese: 0.18mg (8.96%), Potassium: 165.4mg (4.73%), Magnesium: 13.43mg (3.36%), Vitamin B6: 0.07mg (3.28%), Fiber: 0.8g (3.21%), Iron: 0.46mg (2.57%), Phosphorus: 24.59mg (2.46%), Vitamin B2: 0.04mg (2.35%), Folate: 8.82µg (2.21%), Vitamin B1: 0.03mg (2.03%), Copper: 0.04mg (1.94%), Vitamin E: 0.28mg (1.84%), Vitamin B3: 0.3mg (1.48%), Vitamin A: 66.27IU (1.33%), Vitamin B5: 0.13mg (1.32%), Vitamin K: 1.33µg (1.27%), Calcium: 11.88mg (1.19%)