



Dubonnet Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



57 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 dashes angostura bitters
- ☐ 2 ounces cognac
- ☐ 1 optional: lemon thinly sliced cut into quarters, plus 1 lemon
- ☐ 1 cranberry-orange relish sliced into half wheels cut into wedges, plus 1 orange
- ☐ 2 cups seltzer water cold
- ☐ 2 tablespoons sugar plus more to taste

Equipment

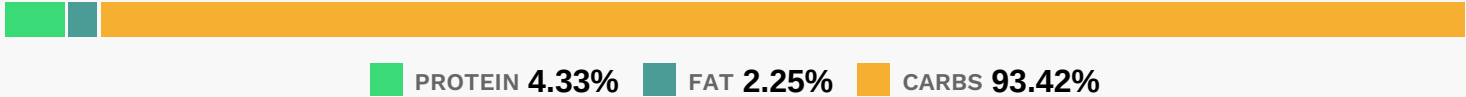
- ☐ bowl

☐ wooden spoon

Directions

- ☐ In a large bowl, combine the orange wedges, lemon quarters, Cognac, and 2 tablespoons sugar. Using a muddler or a wooden spoon, press down on the fruit mixture until the juice is released and the sugar is dissolved.
- ☐ Add the Dubonnet and stir to combine. Strain the mixture into a large pitcher and discard the fruit.
- ☐ Add the orange half wheels, lemon slices, and bitters, if using. Stir gently to combine then cover and refrigerate for at least 2 hours and up to 4 hours. When ready to serve, add the sparkling water, then carefully fill the pitcher with ice and stir to combine. Taste and add additional sugar, 1 tablespoon at a time, if necessary.

Nutrition Facts



Properties

Glycemic Index:25.52, Glycemic Load:3.96, Inflammation Score:-2, Nutrition Score:2.0717391112576%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 10.97mg, Hesperetin: 10.97mg, Hesperetin: 10.97mg, Hesperetin: 10.97mg Naringenin: 3.44mg, Naringenin: 3.44mg, Naringenin: 3.44mg, Naringenin: 3.44mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 57.47kcal (2.87%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 8.7g (2.9%), Net Carbohydrates: 7.67g (2.79%), Sugar: 6.61g (7.35%), Cholesterol: 0mg (0%), Sodium: 17.06mg (0.74%), Alcohol: 3.61g (100%), Alcohol %: 3.43% (100%), Protein: 0.4g (0.81%), Vitamin C: 21.16mg (25.64%), Fiber: 1.03g (4.11%), Folate: 8.53µg (2.13%), Potassium: 66.2mg (1.89%), Vitamin B1: 0.03mg (1.78%), Calcium: 17.4mg (1.74%), Vitamin B6: 0.03mg (1.38%), Copper: 0.02mg (1.17%), Magnesium: 4.41mg (1.1%), Vitamin A: 53.08IU (1.06%)