



## Easy Berry Sangria

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



212 kcal

BEVERAGE

DRINK

### Ingredients

- 1 apples cubed
- 1 cup blackberries
- 1 cup blueberries
- 0.8 cup brandy
- 1 cup cherries pitted sliced
- 2 cups lemon-lime soda
- 1 cup raspberries
- 1 cup strawberries sliced

750 milliliter mild red wine chilled (such as Lambrusco)

## Equipment

## Directions

Mix wine, apple, strawberries, raspberries, cherries, blueberries, blackberries, and brandy together in a pitcher; refrigerate for at least 1 hour. Stir lemon–lime soda into wine mixture.

## Nutrition Facts

 **PROTEIN 4.37%**  **FAT 3.51%**  **CARBS 92.12%**

## Properties

Glycemic Index:26.88, Glycemic Load:3.44, Inflammation Score:-6, Nutrition Score:5.8986956321675%

## Flavonoids

Cyanidin: 32.47mg, Cyanidin: 32.47mg, Cyanidin: 32.47mg, Cyanidin: 32.47mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.72mg, Delphinidin: 8.72mg, Delphinidin: 8.72mg, Delphinidin: 8.72mg Malvidin: 25.69mg, Malvidin: 25.69mg, Malvidin: 25.69mg, Malvidin: 25.69mg Pelargonidin: 4.75mg, Pelargonidin: 4.75mg, Pelargonidin: 4.75mg, Pelargonidin: 4.75mg Peonidin: 5.27mg, Peonidin: 5.27mg, Peonidin: 5.27mg, Peonidin: 5.27mg Catechin: 16.24mg, Catechin: 16.24mg, Catechin: 16.24mg, Catechin: 16.24mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 7.74mg, Epicatechin: 7.74mg, Epicatechin: 7.74mg, Epicatechin: 7.74mg Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 1.73mg, Naringenin: 1.73mg, Naringenin: 1.73mg, Naringenin: 1.73mg 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: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg Gallic acid: 0.1mg, Gallic acid: 0.1mg, Gallic acid: 0.1mg, Gallic acid: 0.1mg

## Nutrients (% of daily need)

Calories: 211.54kcal (10.58%), Fat: 0.37g (0.58%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 22.11g (7.37%), Net Carbohydrates: 18.47g (6.72%), Sugar: 15.44g (17.16%), Cholesterol: 0mg (0%), Sodium: 10.85mg (0.47%), Alcohol: 17.6g (100%), Alcohol %: 7.79% (100%), Caffeine: 8.85mg (2.95%), Protein: 1.05g (2.1%), Vitamin C: 22.34mg (27.08%), Manganese: 0.5mg (24.9%), Fiber: 3.64g (14.56%), Vitamin K: 9.94µg (9.47%), Potassium: 278.05mg (7.94%), Magnesium: 25.39mg (6.35%), Vitamin B6: 0.1mg (5.2%), Iron: 0.89mg (4.94%), Copper: 0.09mg (4.7%),

Phosphorus: 43.75mg (4.37%), Folate: 15.4µg (3.85%), Vitamin B2: 0.06mg (3.76%), Vitamin E: 0.55mg (3.68%),  
Vitamin B3: 0.62mg (3.12%), Zinc: 0.38mg (2.55%), Calcium: 25.36mg (2.54%), Vitamin B1: 0.03mg (2.28%), Vitamin  
B5: 0.22mg (2.21%), Vitamin A: 80.85IU (1.62%)