

Easy Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



285 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons brandy
- ☐ 1 stick cinnamon (3-inch)
- ☐ 1.5 liter cooking wine dry red divided
- ☐ 5 slices optional: lemon
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 5 slices lime
- ☐ 2 tablespoons juice of lime fresh
- ☐ 8 orange wedges

- ☐ 0.7 cup orange juice fresh
- ☐ 2 cups seltzer water chilled
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons triple sec orange-flavored (liqueur)
- ☐ 3 allspice whole

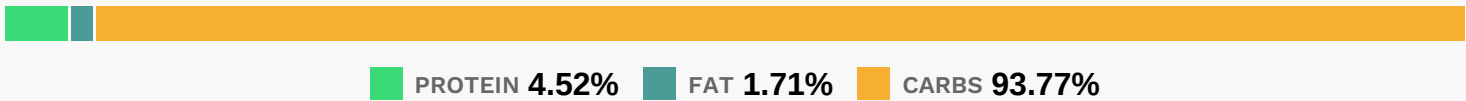
Equipment

- ☐ microwave

Directions

- ☐ Combine 1/2 cup wine, brandy, liqueur, and sugar in a 2-quart glass measure. Microwave at high 1 minute or until mixture is warm; stir to dissolve sugar. Stir in the remaining wine, juices, cloves, allspice, and cinnamon. Chill at least 2 hours.
- ☐ Strain mixture into a pitcher, and discard spices. Just before serving, stir in sparkling water and the remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:32.14, Glycemic Load:12.24, Inflammation Score:-8, Nutrition Score:8.4439130729955%

Flavonoids

Petunidin: 6.31mg, Petunidin: 6.31mg, Petunidin: 6.31mg, Petunidin: 6.31mg Delphinidin: 7.95mg, Delphinidin: 7.95mg, Delphinidin: 7.95mg Malvidin: 49.91mg, Malvidin: 49.91mg, Malvidin: 49.91mg, Malvidin: 49.91mg Peonidin: 3.52mg, Peonidin: 3.52mg, Peonidin: 3.52mg, Peonidin: 3.52mg Catechin: 14.65mg, Catechin: 14.65mg, Catechin: 14.65mg Epicatechin: 20.28mg, Epicatechin: 20.28mg, Epicatechin: 20.28mg, Epicatechin: 20.28mg Eriodictyol: 1.23mg, Eriodictyol: 1.23mg, Eriodictyol: 1.23mg, Eriodictyol: 1.23mg Hesperetin: 40.54mg, Hesperetin: 40.54mg, Hesperetin: 40.54mg, Hesperetin: 40.54mg Naringenin: 20.62mg, Naringenin: 20.62mg, Naringenin: 20.62mg, Naringenin: 20.62mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 285.43kcal (14.27%), Fat: 0.27g (0.42%), Saturated Fat: 0.03g (0.22%), Carbohydrates: 33.49g (11.16%), Net Carbohydrates: 29.9g (10.87%), Sugar: 23.8g (26.44%), Cholesterol: 0mg (0%), Sodium: 13.33mg (0.58%), Alcohol: 22.2g (100%), Alcohol %: 6.55% (100%), Protein: 1.61g (3.23%), Vitamin C: 85.13mg (103.19%), Fiber: 3.59g (14.37%), Folate: 47.2µg (11.8%), Vitamin B1: 0.14mg (9.12%), Potassium: 298.2mg (8.52%), Vitamin A: 340.95IU (6.82%), Calcium: 64.48mg (6.45%), Manganese: 0.12mg (5.89%), Vitamin B6: 0.09mg (4.73%), Magnesium: 17.3mg (4.33%), Copper: 0.08mg (3.99%), Vitamin B5: 0.39mg (3.88%), Vitamin B2: 0.06mg (3.71%), Phosphorus: 24.19mg (2.42%), Vitamin B3: 0.48mg (2.4%), Vitamin E: 0.28mg (1.84%), Iron: 0.26mg (1.45%), Zinc: 0.18mg (1.21%), Selenium: 0.78µg (1.11%)