



Easy Sangría Slush



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



179 kcal

Ingredients

- ☐ 1 cup club soda
- ☐ 0.3 cup lemonade concentrate thawed
- ☐ 0.5 cup orange juice
- ☐ 0.5 cup pineapple juice
- ☐ 3 cups red wine dry red fruity

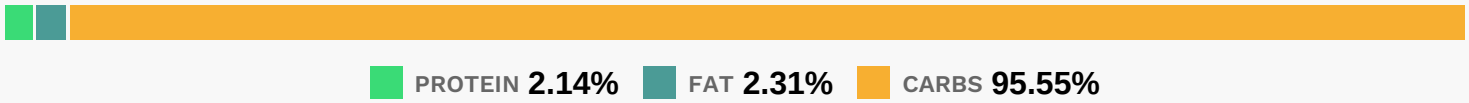
Equipment

- ☐ food processor

Directions

- ☐ Combine first 3 ingredients in a 4-cup glass measure.
- ☐ Pour evenly into ice cube trays. Freeze overnight or until firm.
- ☐ Add frozen juice cubes to food processor; process 30 seconds or until coarsely chopped.
- ☐ Add lemonade concentrate and sparkling water; process 1 minute or until smooth.
- ☐ Pour into a pitcher to serve.

Nutrition Facts



Properties

Glycemic Index:19.6, Glycemic Load:2.69, Inflammation Score:-5, Nutrition Score:2.0769565089241%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 179.19kcal (8.96%), Fat: 0.19g (0.29%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 17.54g (5.85%), Net Carbohydrates: 17.39g (6.32%), Sugar: 11.46g (12.73%), Cholesterol: 0mg (0%), Sodium: 11.76mg (0.51%), Alcohol: 15.72g (100%), Alcohol %: 7.87% (100%), Protein: 0.39g (0.78%), Vitamin C: 16.83mg (20.4%), Manganese: 0.12mg (6.25%), Folate: 12.79µg (3.2%), Potassium: 92.58mg (2.65%), Vitamin B1: 0.04mg (2.61%), Vitamin B6: 0.04mg (1.83%), Magnesium: 7.14mg (1.78%), Copper: 0.03mg (1.6%), Vitamin A: 50.78IU (1.02%)