



Elderflower-White Wine Sangria

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



264 kcal

BEVERAGE

DRINK

Ingredients

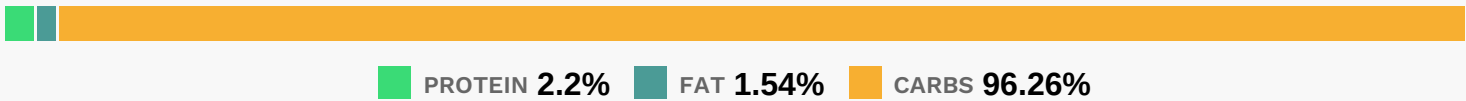
- ☐ 750 ml wine
- ☐ 1.5 cups st. germain
- ☐ 1 cup mangos ripe peeled chopped
- ☐ 0.5 lime thinly sliced
- ☐ 0.5 cranberry-orange relish thinly sliced
- ☐ 1 cup blackberries (raspberries and blackberries)
- ☐ 1 liter seltzer water chilled
- ☐ 1 serving ice cubes

Equipment

Directions

- ☐ In pitcher, stir together all ingredients except sparkling water and ice. Refrigerate at least 30 minutes or until ready to serve.
- ☐ Just before serving, pour sparkling water into pitcher to fill. Stir gently to mix. Fill glasses with ice; pour mixture over ice. Top with remaining sparkling water.

Nutrition Facts



Properties

Glycemic Index:20.78, Glycemic Load:2.43, Inflammation Score:-6, Nutrition Score:3.9356521938158%

Flavonoids

Cyanidin: 18.01mg, Cyanidin: 18.01mg, Cyanidin: 18.01mg, Cyanidin: 18.01mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 7.76mg, Catechin: 7.76mg, Catechin: 7.76mg, Catechin: 7.76mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.36mg, Epicatechin: 1.36mg, Epicatechin: 1.36mg, Epicatechin: 1.36mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 1.76mg, Naringenin: 1.76mg, Naringenin: 1.76mg, Naringenin: 1.76mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 264.37kcal (13.22%), Fat: 0.18g (0.28%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 25.91g (8.64%), Net Carbohydrates: 24.32g (8.84%), Sugar: 22.51g (25.01%), Cholesterol: 0mg (0%), Sodium: 31.83mg (1.38%), Alcohol: 9.8g (100%), Alcohol %: 3.85% (100%), Protein: 0.59g (1.18%), Vitamin C: 16.86mg (20.44%), Manganese: 0.24mg (12.21%), Fiber: 1.6g (6.39%), Vitamin A: 282.2IU (5.64%), Vitamin K: 4.84µg (4.61%), Magnesium: 17.56mg (4.39%), Potassium: 152.92mg (4.37%), Folate: 17.11µg (4.28%), Vitamin B6: 0.08mg (4.21%), Copper: 0.07mg (3.57%), Vitamin E: 0.42mg (2.8%), Calcium: 27.16mg (2.72%), Phosphorus: 25.87mg (2.59%), Iron: 0.45mg (2.48%), Zinc: 0.36mg (2.43%), Vitamin B3: 0.39mg (1.94%), Vitamin B2: 0.03mg (1.82%), Vitamin B5: 0.16mg (1.63%), Vitamin B1: 0.02mg (1.5%)