



Frozen Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



159 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup apple juice neutral
- ☐ 200 grams cantaloupe cut into chunks (-)
- ☐ 200 grams peaches cut into chunks white (- 1 large peach)
- ☐ 2 cups sauvignon blanc white wine
- ☐ 1 tablespoons sugar sweet raw

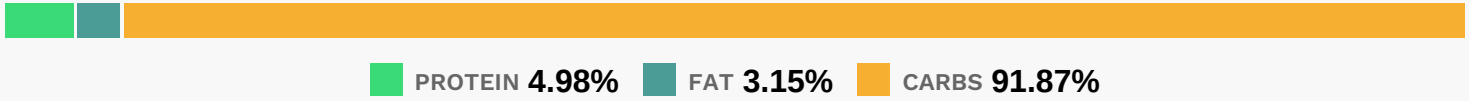
Equipment

- ☐ blender

Directions

☐ In a freezer safe container with a lid, stir together the wine, apple juice and sugar until the sugar is completely dissolved and then add the peaches and cantaloupe. Cover and freeze for 24 hours. Because of the alcohol content it will not freeze completely solid. When you're ready to serve, just break the frozen sangria up into chunks with a spoon and add it to a blender. Blend until smooth.

Nutrition Facts



Properties

Glycemic Index:54.65, Glycemic Load:7.71, Inflammation Score:-8, Nutrition Score:4.2400000095367%

Flavonoids

Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg Catechin: 2.85mg, Catechin: 2.85mg, Catechin: 2.85mg, Catechin: 2.85mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 2.63mg, Epicatechin: 2.63mg, Epicatechin: 2.63mg, Epicatechin: 2.63mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 159.39kcal (7.97%), Fat: 0.27g (0.42%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 18.04g (6.01%), Net Carbohydrates: 16.83g (6.12%), Sugar: 14.11g (15.68%), Cholesterol: 0mg (0%), Sodium: 22.77mg (0.99%), Alcohol: 12.39g (100%), Alcohol %: 6.23% (100%), Protein: 0.98g (1.96%), Vitamin A: 1854.31IU (37.09%), Vitamin C: 7.78mg (9.43%), Potassium: 170.87mg (4.88%), Fiber: 1.21g (4.85%), Copper: 0.09mg (4.27%), Vitamin B3: 0.77mg (3.86%), Manganese: 0.07mg (3.7%), Magnesium: 12.05mg (3.01%), Vitamin B1: 0.04mg (2.87%), Selenium: 1.95µg (2.78%), Vitamin K: 2.85µg (2.71%), Vitamin E: 0.39mg (2.62%), Folate: 10µg (2.5%), Zinc: 0.34mg (2.28%), Iron: 0.4mg (2.21%), Phosphorus: 21.67mg (2.17%), Vitamin B2: 0.03mg (2.05%), Vitamin B6: 0.04mg (1.9%), Vitamin B5: 0.14mg (1.44%)