



Frozen Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



176 kcal

BEVERAGE

DRINK

Ingredients



3 ice cubes



1 serving cranberry–orange relish for garnish



0.5 cup raspberries frozen



0.5 cup red wine



0.5 ounce frangelico



0.5 ounce frangelico

Equipment

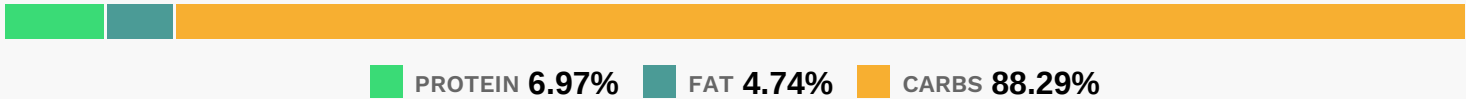


blender

Directions

- ☐ Combine all ingredients in a blender and blend until smooth.
- ☐ Pour into glasses and garnish with an orange slice.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:83.5, Glycemic Load:4.91, Inflammation Score:-7, Nutrition Score:10.119565015254%

Flavonoids

Cyanidin: 27.69mg, Cyanidin: 27.69mg, Cyanidin: 27.69mg, Cyanidin: 27.69mg Petunidin: 2.56mg, Petunidin: 2.56mg, Petunidin: 2.56mg, Petunidin: 2.56mg Delphinidin: 3.2mg, Delphinidin: 3.2mg, Delphinidin: 3.2mg, Delphinidin: 3.2mg Malvidin: 16.69mg, Malvidin: 16.69mg, Malvidin: 16.69mg, Malvidin: 16.69mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg Catechin: 9.35mg, Catechin: 9.35mg, Catechin: 9.35mg, Catechin: 9.35mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 6.66mg, Epicatechin: 6.66mg, Epicatechin: 6.66mg, Epicatechin: 6.66mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Hesperetin: 25.28mg, Hesperetin: 25.28mg, Hesperetin: 25.28mg, Hesperetin: 25.28mg Naringenin: 15.91mg, Naringenin: 15.91mg, Naringenin: 15.91mg, Naringenin: 15.91mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 175.5kcal (8.77%), Fat: 0.5g (0.77%), Saturated Fat: 0.02g (0.16%), Carbohydrates: 20.89g (6.96%), Net Carbohydrates: 14.83g (5.39%), Sugar: 11.81g (13.12%), Cholesterol: 0mg (0%), Sodium: 7.5mg (0.33%), Alcohol: 12.72g (100%), Alcohol %: 5.17% (100%), Protein: 1.65g (3.3%), Vitamin C: 63.6mg (77.09%), Manganese: 0.58mg (29.15%), Fiber: 6.06g (24.24%), Potassium: 405.9mg (11.6%), Folate: 40.8µg (10.2%), Magnesium: 37.02mg (9.25%), Vitamin B6: 0.16mg (7.77%), Vitamin B1: 0.1mg (6.9%), Calcium: 61.86mg (6.19%), Iron: 1.06mg (5.87%), Phosphorus: 57.6mg (5.76%), Copper: 0.11mg (5.72%), Vitamin B2: 0.1mg (5.65%), Vitamin K: 5.16µg (4.91%), Vitamin B5: 0.46mg

(4.58%), Vitamin E: 0.68mg (4.56%), Vitamin A: 224.7IU (4.49%), Vitamin B3: 0.88mg (4.41%), Zinc: 0.49mg (3.25%), Selenium: 0.81µg (1.16%)