



## Frozen Sangría

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



116 kcal

SIDE DISH

### Ingredients

- 2 liter lemon-lime drink soft
- 12 oz limeade more frozen thawed canned
- 2 cups oranges sliced
- 1 gal. sangría
- 1 gal. sangría

### Equipment

- bowl

## Directions

- Place 1 (2-gal.) zip-top plastic freezer bag inside another 2-gal. zip-top plastic freezer bag.
- Place bags in a large bowl.
- Combine sangra, limeade, and lemon-lime soft drink in the inside bag. Seal both bags, and freeze 24 hours. (Double bagging is a precaution to avoid spills.)
- Remove mixture from freezer 1 hour before serving, squeezing occasionally until slushy.
- Transfer mixture to a 2-gal. container. Stir in fruit.
- Kid-Friendly Frozen Sangra: Substitute cranberry juice for sangra. Proceed with recipe as directed.

## Nutrition Facts

 PROTEIN 1.72%  FAT 0.32%  CARBS 97.96%

## Properties

Glycemic Index:4.25, Glycemic Load:1.44, Inflammation Score:-2, Nutrition Score:1.95217387443%

## Flavonoids

Hesperetin: 9.81mg, Hesperetin: 9.81mg, Hesperetin: 9.81mg, Hesperetin: 9.81mg Naringenin: 5.52mg, Naringenin: 5.52mg, Naringenin: 5.52mg, Naringenin: 5.52mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 115.97kcal (5.8%), Fat: 0.04g (0.07%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 29.49g (9.83%), Net Carbohydrates: 28.63g (10.41%), Sugar: 27.72g (30.8%), Cholesterol: 0mg (0%), Sodium: 22.11mg (0.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 29.93mg (9.98%), Protein: 0.52g (1.04%), Vitamin C: 19.15mg (23.21%), Fiber: 0.86g (3.46%), Folate: 10.8µg (2.7%), Vitamin B1: 0.03mg (2.09%), Potassium: 67.15mg (1.92%), Calcium: 18.39mg (1.84%), Vitamin A: 81IU (1.62%), Magnesium: 5.59mg (1.4%), Vitamin B6: 0.02mg (1.08%)