



Frozen White Wine Mar-Grías

 **Gluten Free**  **Dairy Free**

READY IN



5 min.

SERVINGS



24

CALORIES



111 kcal

BEVERAGE

DRINK

Ingredients

- 64 oz pineapple juice refrigerated (8 cups)
- 750 ml wine dry white
- 10 oz margarita cocktail frozen thawed canned
- 1.5 cups brandy
- 48 oz seltzer water sour canned

Equipment

Directions

- In 4-quart resealable plastic container, mix all ingredients except soda until blended. Seal container; freeze 24 hours or until mixture is firm, stirring twice.
- To serve, spoon about 3/4 cup slush mixture into each large margarita glass.
- Pour about 1/4 cup soda over each. If desired, garnish each with lime wedge.

Nutrition Facts

 **PROTEIN 2.17%**  **FAT 1.51%**  **CARBS 96.32%**

Properties

Glycemic Index:3.17, Glycemic Load:4.53, Inflammation Score:-2, Nutrition Score:2.6499999784257%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 111.11kcal (5.56%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 13.06g (4.35%), Net Carbohydrates: 12.91g (4.7%), Sugar: 10.36g (11.51%), Cholesterol: 0mg (0%), Sodium: 23.54mg (1.02%), Alcohol: 8.28g (100%), Alcohol %: 5.5% (100%), Protein: 0.29g (0.59%), Manganese: 0.42mg (21.07%), Vitamin C: 7.56mg (9.16%), Vitamin B6: 0.09mg (4.58%), Potassium: 122.22mg (3.49%), Folate: 13.92µg (3.48%), Magnesium: 12.81mg (3.2%), Vitamin B1: 0.05mg (3.09%), Copper: 0.06mg (3%), Iron: 0.33mg (1.84%), Calcium: 15.52mg (1.55%), Vitamin B2: 0.02mg (1.25%), Phosphorus: 12.35mg (1.24%), Zinc: 0.18mg (1.23%)