



Grilled Sangría

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



400 min.

SERVINGS



10

CALORIES



401 kcal

BEVERAGE

DRINK

Ingredients

- 1.5 cups brandy
- 1 medium apple green cored cut into 8 wedges
- 3 medium optional: lemon cut into 1/2-inch-thick slices
- 0.5 cup orange juice freshly squeezed (from 2 oranges)
- 1 cup orange liqueur such as cointreau
- 4 medium cranberry-orange relish cut into 1/2-inch-thick slices
- 1 medium apples red cored cut into 8 wedges
- 2 cups grapes red seedless

- 750 milliliter sparkling wine dry such as blanc de blancs, chilled
- 1500 milliliter red wine spanish such as rioja, chilled

Equipment

- grill
- skewers
- grill pan

Directions

- Thread all of the grapes onto the skewers; set aside. Meanwhile, heat a grill pan or outdoor grill to medium-high (about 375°F to 425°F).
- Place the grape skewers, oranges, lemons, and apples on the grill, cover the grill, and cook until the fruit is just beginning to char and soften, about 3 to 4 minutes per side.
- Remove to a 6-quart container. When the grapes are cool enough to handle, remove them from the skewers.
- Add the wine, brandy, orange liqueur, simple syrup, and orange juice to the container and stir to combine. Cover and refrigerate until thoroughly chilled and the flavors have melded, at least 6 hours. When ready to serve, add the sparkling wine, stir gently to combine, and serve over ice, if desired.

Nutrition Facts



PROTEIN 4.01% **FAT 2.31%** **CARBS 93.68%**

Properties

Glycemic Index:26, Glycemic Load:7.6, Inflammation Score:-8, Nutrition Score:8.6069564974826%

Flavonoids

Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg Petunidin: 3.01mg, Petunidin: 3.01mg, Petunidin: 3.01mg, Petunidin: 3.01mg Delphinidin: 3.06mg, Delphinidin: 3.06mg, Delphinidin: 3.06mg, Delphinidin: 3.06mg Malvidin: 21.06mg, Malvidin: 21.06mg, Malvidin: 21.06mg, Malvidin: 21.06mg Peonidin: 1.91mg, Peonidin: 1.91mg, Peonidin: 1.91mg, Peonidin: 1.91mg Catechin: 11.34mg, Catechin: 11.34mg, Catechin: 11.34mg, Catechin: 11.34mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 8.51mg, Epicatechin: 8.51mg, Epicatechin: 8.51mg, Epicatechin: 8.51mg Epicatechin 3-gallate: 0.02mg,

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Nutrients (% of daily need)

Calories: 401.22kcal (20.06%), Fat: 0.37g (0.56%), Saturated Fat: 0.08g (0.47%), Carbohydrates: 33.43g (11.14%), Net Carbohydrates: 30.09g (10.94%), Sugar: 24.62g (27.36%), Cholesterol: 0mg (0%), Sodium: 15.31mg (0.67%), Alcohol: 39.08g (100%), Alcohol %: 11% (100%), Caffeine: 6.14mg (2.05%), Protein: 1.43g (2.86%), Vitamin C: 53.89mg (65.32%), Potassium: 527.87mg (15.08%), Manganese: 0.27mg (13.5%), Fiber: 3.34g (13.34%), Vitamin B6: 0.21mg (10.26%), Magnesium: 39.58mg (9.89%), Iron: 1.45mg (8.07%), Phosphorus: 73.75mg (7.37%), Vitamin B1: 0.11mg (7.16%), Vitamin B2: 0.12mg (7.1%), Folate: 26.97µg (6.74%), Copper: 0.13mg (6.56%), Vitamin K: 5.83µg (5.55%), Calcium: 55.09mg (5.51%), Vitamin B3: 0.77mg (3.87%), Vitamin A: 192.46IU (3.85%), Vitamin B5: 0.3mg (2.99%), Zinc: 0.39mg (2.62%), Vitamin E: 0.27mg (1.81%), Selenium: 0.96µg (1.37%)