

Hard Cider Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

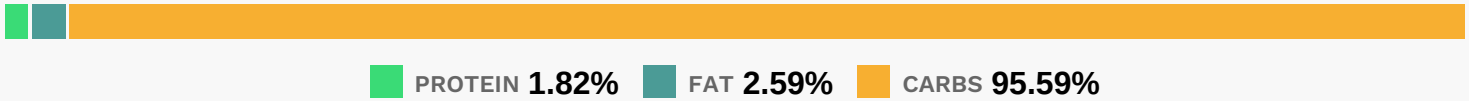
- ☐ 0.3 cup apples
- ☐ 22 ounce apple cider hard chilled
- ☐ 1 cup apple juice chilled
- ☐ 1 cup apple green red yellow unpeeled thinly sliced quartered
- ☐ 15 servings ice cubes
- ☐ 2 tablespoons juice of lemon freshly squeezed
- ☐ 1 navel oranges thinly sliced quartered

Equipment

Directions

- ☐ In a pitcher, combine the apples with the orange, apple juice, lemon juice and brandy. Just before serving, add the hard cider.
- ☐ Serve in tall glasses over ice.

Nutrition Facts



Properties

Glycemic Index:9.7, Glycemic Load:3.01, Inflammation Score:-1, Nutrition Score:1.215652173628%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 37.16kcal (1.86%), Fat: 0.11g (0.17%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 9.31g (3.1%), Net Carbohydrates: 8.74g (3.18%), Sugar: 7.52g (8.35%), Cholesterol: 0mg (0%), Sodium: 5.34mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.35%), Vitamin C: 7.29mg (8.84%), Potassium: 87.39mg (2.5%), Manganese: 0.05mg (2.48%), Fiber: 0.58g (2.31%), Vitamin B1: 0.02mg (1.39%), Magnesium: 5.13mg (1.28%), Vitamin B6: 0.02mg (1.15%), Copper: 0.02mg (1.14%), Calcium: 11.09mg (1.11%), Vitamin B2: 0.02mg (1.04%)