



Hibiscus "Sangria"



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



30

CALORIES



77 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 quarts water
- ☐ 3 oz hibiscus petals dried
- ☐ 1 cup granulated sugar
- ☐ 6 cups red wine
- ☐ 2 cups cantaloupe balls
- ☐ 2 cups pineapple peeled chopped
- ☐ 1 optional: lemon thinly sliced

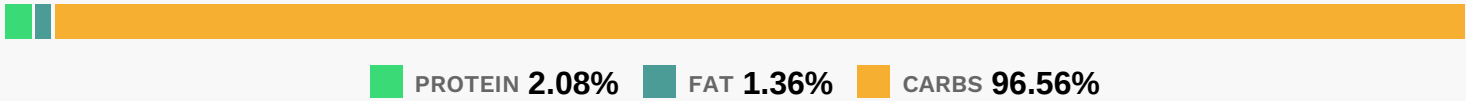
Equipment

☐ sauce pan

Directions

- ☐ In 3-quart saucepan, heat water to boiling. Stir in hibiscus flowers. Reduce heat; simmer uncovered for 20 to 30 minutes or until water turns a deep burgundy color.
- ☐ Strain hibiscus mixture; discard flowers. Stir in sugar until dissolved; let stand until completely cool.
- ☐ Stir wine and fruit into cooled hibiscus mixture. Refrigerate until cold.

Nutrition Facts



Properties

Glycemic Index:7.89, Glycemic Load:6.24, Inflammation Score:-5, Nutrition Score:2.1708695771902%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Petunidin: 0.95mg, Petunidin: 0.95mg, Petunidin: 0.95mg, Petunidin: 0.95mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 6.64mg, Malvidin: 6.64mg, Malvidin: 6.64mg, Malvidin: 6.64mg Peonidin: 0.6mg, Peonidin: 0.6mg, Peonidin: 0.6mg, Peonidin: 0.6mg Catechin: 3.43mg, Catechin: 3.43mg, Catechin: 3.43mg, Catechin: 3.43mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.82mg, Epicatechin: 1.82mg, Epicatechin: 1.82mg, Epicatechin: 1.82mg Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 1.31mg, Hesperetin: 1.31mg, Hesperetin: 1.31mg, Hesperetin: 1.31mg Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 77.02kcal (3.85%), Fat: 0.07g (0.1%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 10.63g (3.54%), Net Carbohydrates: 10.28g (3.74%), Sugar: 9.05g (10.06%), Cholesterol: 0mg (0%), Sodium: 8.98mg (0.39%), Alcohol: 5.09g (100%), Alcohol %: 4.39% (100%), Protein: 0.23g (0.46%), Vitamin C: 8.45mg (10.25%), Manganese: 0.17mg (8.58%), Vitamin A: 415.6IU (8.31%), Potassium: 97.14mg (2.78%), Magnesium: 9.62mg (2.4%), Vitamin B6: 0.05mg (2.36%), Copper: 0.04mg (1.97%), Iron: 0.32mg (1.8%), Phosphorus: 14.53mg (1.45%), Fiber: 0.35g (1.4%), Vitamin B2:

0.02mg (1.39%), Vitamin B3: 0.25mg (1.25%), Vitamin B1: 0.02mg (1.22%), Folate: 4.54µg (1.13%)