



Hot Spiced Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



12

CALORIES



237 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup brandy
- ☐ 1 bag cherries frozen
- ☐ 2 cinnamon sticks
- ☐ 1 cranberry-orange relish sliced
- ☐ 12 servings orange peel for garnish
- ☐ 1 orange zest
- ☐ 1 bag peaches frozen
- ☐ 1 cup sugar

- ☐ 1 cup water
- ☐ 1500 milliliter rioja spanish red wine

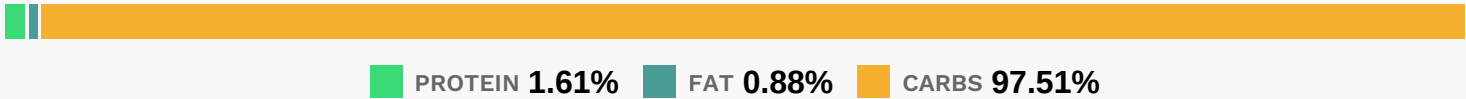
Equipment

- ☐ sauce pan
- ☐ ladle
- ☐ slow cooker

Directions

- ☐ Combine all ingredients in a slow cooker. Put setting on HIGH for 1 hour. Reduce to warm to hold temperature. Ladle into glasses from slow cooker. Be sure to include some fruit in the glasses.
- ☐ Garnish with orange peel.
- ☐ Combine the sugar, water and zest in a saucepan. Bring to a boil, reduce to a simmer. Stirring occasionally, simmer for 5 minutes or until sugar is dissolved.

Nutrition Facts



Properties

Glycemic Index:17.49, Glycemic Load:12.58, Inflammation Score:-6, Nutrition Score:4.2065217158069%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Petunidin: 2.51mg, Petunidin: 2.51mg, Petunidin: 2.51mg, Petunidin: 2.51mg Delphinidin: 2.55mg, Delphinidin: 2.55mg, Delphinidin: 2.55mg, Delphinidin: 2.55mg Malvidin: 17.55mg, Malvidin: 17.55mg, Malvidin: 17.55mg, Malvidin: 17.55mg Peonidin: 1.59mg, Peonidin: 1.59mg, Peonidin: 1.59mg Catechin: 9.06mg, Catechin: 9.06mg, Catechin: 9.06mg, Catechin: 9.06mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 4.81mg, Epicatechin: 4.81mg, Epicatechin: 4.81mg, Epicatechin: 4.81mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 3.92mg, Naringenin: 3.92mg, Naringenin: 3.92mg, Naringenin: 3.92mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg

Kaempferol: 0.13mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 237.42kcal (11.87%), Fat: 0.1g (0.15%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 24.94g (8.31%), Net Carbohydrates: 22.99g (8.36%), Sugar: 18.47g (20.52%), Cholesterol: 0mg (0%), Sodium: 6.88mg (0.3%), Alcohol: 20.12g (100%), Alcohol %: 12.27% (100%), Protein: 0.41g (0.82%), Vitamin C: 23.52mg (28.51%), Manganese: 0.28mg (13.82%), Fiber: 1.95g (7.81%), Potassium: 211.89mg (6.05%), Vitamin B6: 0.1mg (5.14%), Magnesium: 19.73mg (4.93%), Iron: 0.76mg (4.24%), Calcium: 42.06mg (4.21%), Vitamin B2: 0.06mg (3.51%), Phosphorus: 34.63mg (3.46%), Vitamin B3: 0.44mg (2.21%), Vitamin B1: 0.03mg (2.19%), Folate: 8.49µg (2.12%), Copper: 0.04mg (2.07%), Vitamin A: 83.74IU (1.67%), Zinc: 0.24mg (1.6%), Vitamin B5: 0.13mg (1.31%)