



Jill's Summer Sangria

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



495 min.

SERVINGS



20

CALORIES



218 kcal

BEVERAGE

DRINK

Ingredients

- 10 ounce maraschino cherries drained
- 2 cups orange juice
- 20 ounce pineapple chunks in juice canned
- 1500 milliliter red wine
- 2 cups rum
- 1 pint strawberries fresh sliced
- 1 cup sugar white

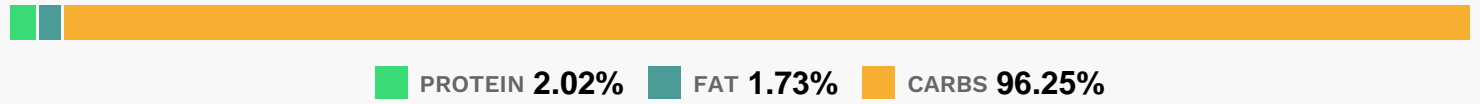
Equipment

bowl

Directions

- In a large pitcher, mix the red wine, 2 cups rum, 2 cups orange juice, and sugar. Refrigerate 8 hours, or overnight.
- In a large bowl, mix the strawberries, pineapple chunks, and maraschino cherries. Cover with 2 cups rum and 2 cups orange juice. Refrigerate 8 hours, or overnight.
- Drain the fruit (reserve the liquid if desired).
- Mix the fruit into the pitcher with the sangria to serve.

Nutrition Facts



Properties

Glycemic Index:9.6, Glycemic Load:9.13, Inflammation Score:-5, Nutrition Score:4.30956516836%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Petunidin: 1.53mg, Petunidin: 1.53mg, Petunidin: 1.53mg, Petunidin: 1.53mg Delphinidin: 1.6mg, Delphinidin: 1.6mg, Delphinidin: 1.6mg, Delphinidin: 1.6mg Malvidin: 10.53mg, Malvidin: 10.53mg, Malvidin: 10.53mg, Malvidin: 10.53mg Pelargonidin: 5.88mg, Pelargonidin: 5.88mg, Pelargonidin: 5.88mg, Pelargonidin: 5.88mg Peonidin: 0.96mg, Peonidin: 0.96mg, Peonidin: 0.96mg, Peonidin: 0.96mg Catechin: 6.17mg, Catechin: 6.17mg, Catechin: 6.17mg, Catechin: 6.17mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 2.98mg, Epicatechin: 2.98mg, Epicatechin: 2.98mg, Epicatechin: 2.98mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 3.44mg, Hesperetin: 3.44mg, Hesperetin: 3.44mg, Hesperetin: 3.44mg Naringenin: 1.94mg, Naringenin: 1.94mg, Naringenin: 1.94mg, Naringenin: 1.94mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 217.74kcal (10.89%), Fat: 0.21g (0.33%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 26.71g (8.9%), Net Carbohydrates: 25.36g (9.22%), Sugar: 23.23g (25.82%), Cholesterol: 0mg (0%), Sodium: 4.72mg (0.21%), Alcohol: 16.08g (100%), Alcohol %: 10.14% (100%), Protein: 0.56g (1.12%), Vitamin C: 28.98mg (35.12%), Manganese: 0.2mg (10.08%), Potassium: 221.23mg (6.32%), Fiber: 1.34g (5.38%), Magnesium: 19.75mg (4.94%), Copper: 0.09mg (4.35%), Vitamin B6: 0.09mg (4.33%), Vitamin B1: 0.06mg (4.14%), Folate: 15.3µg (3.82%), Iron: 0.65mg (3.62%), Phosphorus: 30.76mg (3.08%), Vitamin B2: 0.05mg (2.65%), Calcium: 24.89mg (2.49%), Vitamin B3: 0.45mg (2.23%), Zinc: 0.23mg (1.52%), Vitamin A: 74.51IU (1.49%), Vitamin K: 1.26µg (1.2%), Vitamin B5: 0.11mg (1.07%)