

Knock Your Socks Off Sangria!

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



834 kcal

BEVERAGE

DRINK

Ingredients

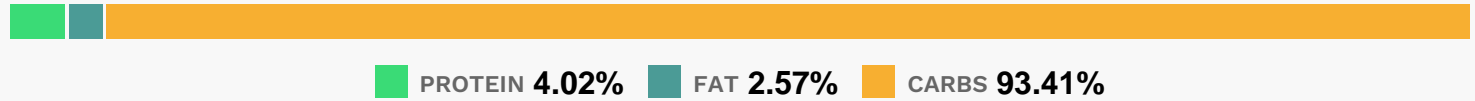
- 0.5 cup apples sour
- 1 cup grapes seedless halved
- 1 lime sliced
- 1 cup strawberries fresh sliced
- 750 milliliter cooking wine

Equipment

Directions

- Stir together the wine, schnapps, rum, strawberries and grapes in a large serving pitcher. Chill for at least one hour before serving.
- Garnish with lime slices.

Nutrition Facts



Properties

Glycemic Index:165, Glycemic Load:22.25, Inflammation Score:-10, Nutrition Score:22.134347697963%

Flavonoids

Cyanidin: 3.4mg, Cyanidin: 3.4mg, Cyanidin: 3.4mg, Cyanidin: 3.4mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 5.29mg, Catechin: 5.29mg, Catechin: 5.29mg, Catechin: 5.29mg Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg Epicatechin: 5.31mg, Epicatechin: 5.31mg, Epicatechin: 5.31mg, Epicatechin: 5.31mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 834.35kcal (41.72%), Fat: 0.91g (1.41%), Saturated Fat: 0.14g (0.85%), Carbohydrates: 74.74g (24.91%), Net Carbohydrates: 67.13g (24.41%), Sugar: 44.09g (48.99%), Cholesterol: 0mg (0%), Sodium: 44.47mg (1.93%), Alcohol: 79.12g (100%), Alcohol %: 8.46% (100%), Protein: 3.22g (6.43%), Vitamin C: 111.88mg (135.61%), Manganese: 1.63mg (81.68%), Potassium: 1397.15mg (39.92%), Vitamin B6: 0.66mg (33.14%), Fiber: 7.61g (30.46%), Magnesium: 120.12mg (30.03%), Vitamin K: 26.99µg (25.71%), Iron: 4.43mg (24.59%), Phosphorus: 235.86mg (23.59%), Vitamin B2: 0.34mg (20.12%), Copper: 0.37mg (18.73%), Vitamin B1: 0.21mg (13.83%), Folate: 52.42µg (13.11%), Calcium: 124.87mg (12.49%), Vitamin B3: 2.29mg (11.47%), Zinc: 1.4mg (9.3%), Vitamin B5: 0.72mg (7.21%), Vitamin E: 0.96mg (6.43%), Vitamin A: 184.19IU (3.68%), Selenium: 2.52µg (3.6%)