



Lemonade Sangria

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



125 min.

SERVINGS



5

CALORIES



82 kcal

BEVERAGE

DRINK

Ingredients

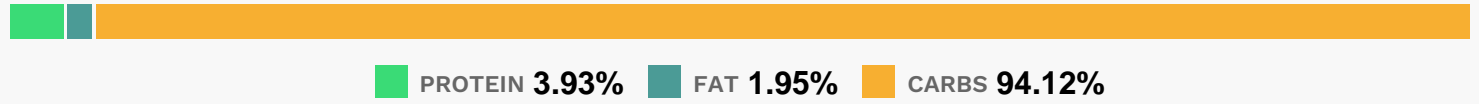
- 1.3 cups cooking wine dry white
- 1 cup fruit fresh seedless assorted pitted (cherries, grapes, cut-up apples and peaches)
- 1 pkt. crystal on the go lemonade flavor drink mix light
- 0.3 cup orange juice
- 0.3 cup water

Equipment

Directions

- Stir all ingredients except fruit until drink mix is dissolved.
- Refrigerate 2 hours or until chilled.
- Serve over ice; top with fruit.

Nutrition Facts



Properties

Glycemic Index:22.6, Glycemic Load:3.52, Inflammation Score:-3, Nutrition Score:2.1543478097605%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.23mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 81.51kcal (4.08%), Fat: 0.08g (0.13%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 9.04g (3.01%), Net Carbohydrates: 8.74g (3.18%), Sugar: 6.87g (7.64%), Cholesterol: 0mg (0%), Sodium: 4.86mg (0.21%), Alcohol: 6.59g (100%), Alcohol %: 6.59% (100%), Protein: 0.38g (0.76%), Vitamin C: 9.31mg (11.29%), Manganese: 0.1mg (4.93%), Vitamin K: 4.68µg (4.46%), Potassium: 136.48mg (3.9%), Vitamin B6: 0.06mg (3.23%), Magnesium: 10.98mg (2.75%), Vitamin B1: 0.04mg (2.6%), Copper: 0.05mg (2.54%), Vitamin B2: 0.04mg (2.1%), Phosphorus: 20.38mg (2.04%), Iron: 0.31mg (1.75%), Folate: 6.22µg (1.55%), Fiber: 0.31g (1.22%), Calcium: 11.11mg (1.11%), Vitamin A: 53.02IU (1.06%)