



Mango-Peach Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



310 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup grand marnier
- ☐ 1 mangos chopped
- ☐ 0.3 cup mint leaves
- ☐ 2 peaches cut into thin wedges
- ☐ 0.3 cup sugar
- ☐ 0.3 cup water
- ☐ 1 frangelico
- ☐ 1 frangelico

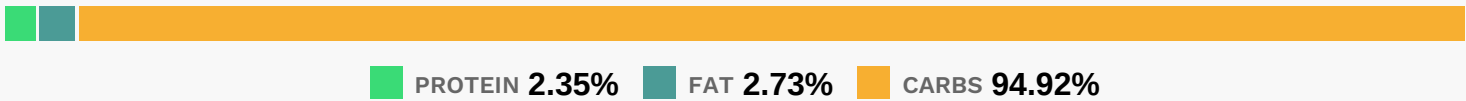
Equipment

☐ sauce pan

Directions

☐ In a saucepan, cook the sugar and water until the sugar dissolves; transfer to a pitcher and refrigerate until cold. Stir in the Grand Marnier, Viognier, mango, peaches and mint and serve over ice.

Nutrition Facts



Properties

Glycemic Index:40.52, Glycemic Load:17.82, Inflammation Score:-7, Nutrition Score:5.5360869013745%

Flavonoids

Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 4.58mg, Catechin: 4.58mg, Catechin: 4.58mg, Catechin: 4.58mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 310.41kcal (15.52%), Fat: 0.66g (1.01%), Saturated Fat: 0.13g (0.82%), Carbohydrates: 51.35g (17.12%), Net Carbohydrates: 49.18g (17.88%), Sugar: 49.01g (54.46%), Cholesterol: 0mg (0%), Sodium: 17.01mg (0.74%), Alcohol: 15.34g (100%), Alcohol %: 8.64% (100%), Caffeine: 15.34mg (5.11%), Protein: 1.27g (2.54%), Vitamin C: 22.81mg (27.64%), Vitamin A: 923.91IU (18.48%), Fiber: 2.18g (8.71%), Copper: 0.15mg (7.66%), Folate: 29.96µg (7.49%), Vitamin E: 1.01mg (6.75%), Manganese: 0.12mg (6.11%), Potassium: 212.48mg (6.07%), Vitamin B3: 1.08mg (5.42%), Vitamin K: 4.42µg (4.21%), Vitamin B6: 0.08mg (4.2%), Magnesium: 15.39mg (3.85%), Vitamin B2: 0.06mg (3.57%), Selenium: 2.16µg (3.09%), Phosphorus: 29.34mg (2.93%), Iron: 0.52mg (2.91%), Vitamin B1: 0.04mg (2.48%), Vitamin B5: 0.23mg (2.26%), Zinc: 0.27mg (1.81%), Calcium: 16.88mg (1.69%)