

Mexican Sangría



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



3095 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



750 milliliter wine dry red



1 slices lime



2.5 cups juice of lime fresh



1 liter seltzer water



3 cups sugar



12 cups water

Equipment

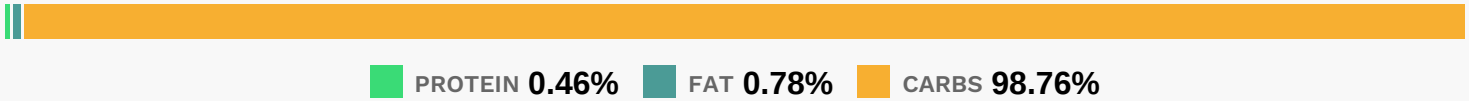


bowl

Directions

- ☐ Stir together sugar and fresh lime juice in a large punch bowl until sugar is dissolved. Stir in water, sparkling water, and wine.
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:102.09, Glycemic Load:419.04, Inflammation Score:-10, Nutrition Score:14.4347825465%

Flavonoids

Petunidin: 25.26mg, Petunidin: 25.26mg, Petunidin: 25.26mg, Petunidin: 25.26mg Delphinidin: 31.8mg, Delphinidin: 31.8mg, Delphinidin: 31.8mg, Delphinidin: 31.8mg Malvidin: 199.64mg, Malvidin: 199.64mg, Malvidin: 199.64mg, Malvidin: 199.64mg Peonidin: 14.08mg, Peonidin: 14.08mg, Peonidin: 14.08mg, Peonidin: 14.08mg Catechin: 58.58mg, Catechin: 58.58mg, Catechin: 58.58mg, Catechin: 58.58mg Epicatechin: 81.1mg, Epicatechin: 81.1mg, Epicatechin: 81.1mg, Epicatechin: 81.1mg Eriodictyol: 13.25mg, Eriodictyol: 13.25mg, Eriodictyol: 13.25mg, Eriodictyol: 13.25mg Hesperetin: 57.28mg, Hesperetin: 57.28mg, Hesperetin: 57.28mg, Hesperetin: 57.28mg Naringenin: 2.54mg, Naringenin: 2.54mg, Naringenin: 2.54mg, Naringenin: 2.54mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 2.13mg, Myricetin: 2.13mg, Myricetin: 2.13mg, Myricetin: 2.13mg Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg

Nutrients (% of daily need)

Calories: 3094.83kcal (154.74%), Fat: 2.36g (3.63%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 669.06g (223.02%), Net Carbohydrates: 666.44g (242.34%), Sugar: 609.14g (676.83%), Cholesterol: 0mg (0%), Sodium: 370.19mg (16.1%), Alcohol: 79.89g (100%), Alcohol %: 1.74% (100%), Protein: 3.12g (6.25%), Vitamin C: 183.54mg (222.47%), Copper: 0.72mg (36.21%), Calcium: 228.18mg (22.82%), Magnesium: 87.21mg (21.8%), Potassium: 746.99mg (21.34%), Folate: 61.06µg (15.27%), Zinc: 1.84mg (12.24%), Vitamin B2: 0.21mg (12.13%), Vitamin B6: 0.23mg (11.65%), Fiber: 2.62g (10.46%), Vitamin B1: 0.15mg (10.22%), Vitamin E: 1.35mg (8.98%), Phosphorus: 85.96mg (8.6%), Vitamin B5: 0.76mg (7.59%), Manganese: 0.14mg (7.17%), Vitamin A: 306IU (6.12%), Selenium: 4.23µg (6.05%), Iron: 0.99mg (5.48%), Vitamin B3: 0.87mg (4.37%), Vitamin K: 3.67µg (3.5%)