

## Mock Sangria

 Vegetarian

READY IN



5 min.

SERVINGS



2

CALORIES



37 kcal

SIDE DISH

### Ingredients

- 3 slices optional: lemon
- 0.1 oz pkt. crystal on the go raspberry ice flavor drink mix light chilled
- 0.3 cup orange juice cold
- 2 cups water cold
- 0.3 cup grape juice white cold

### Equipment

## Directions

- Stir ingredients in plastic or glass pitcher until drink mix is dissolved.
- Serve over ice.

## Nutrition Facts

 PROTEIN 4.91%  FAT 4.37%  CARBS 90.72%

## Properties

Glycemic Index:47.25, Glycemic Load:1.7, Inflammation Score:-2, Nutrition Score:2.1343478071301%

## Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Petunidin: 0.32mg, Petunidin: 0.32mg, Petunidin: 0.32mg, Petunidin: 0.32mg Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg Malvidin: 3.53mg, Malvidin: 3.53mg, Malvidin: 3.53mg, Malvidin: 3.53mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 4.11mg, Hesperetin: 4.11mg, Hesperetin: 4.11mg, Hesperetin: 4.11mg Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 37.27kcal (1.86%), Fat: 0.19g (0.29%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 8.68g (2.89%), Net Carbohydrates: 8.52g (3.1%), Sugar: 7.64g (8.49%), Cholesterol: 0.2mg (0.07%), Sodium: 17.17mg (0.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.94%), Vitamin C: 16.35mg (19.82%), Manganese: 0.08mg (4.12%), Copper: 0.06mg (2.98%), Potassium: 104.05mg (2.97%), Vitamin B1: 0.04mg (2.59%), Folate: 10.14µg (2.54%), Magnesium: 9.88mg (2.47%), Calcium: 17.12mg (1.71%), Vitamin A: 69.81IU (1.4%), Vitamin B6: 0.03mg (1.35%), Vitamin B2: 0.02mg (1.32%), Phosphorus: 12.95mg (1.3%), Vitamin B3: 0.21mg (1.07%)