



## Mock Tea Sangría

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



39 kcal

BEVERAGE

DRINK

### Ingredients

- 2 cups grape juice red
- 1 optional: lemon sliced
- 1 lime sliced
- 16 oz orange drink chilled soft
- 10 oz raspberries frozen thawed
- 0.3 cup sugar
- 1 family-size tea bag

### Equipment

- food processor
- sauce pan
- sieve
- blender
- slotted spoon

## Directions

- Process raspberries in a blender or food processor until smooth, stopping to scrape down sides.
- Pour puree through a fine wire-mesh strainer into a large container, discarding raspberry seeds.
- Bring sugar and 3 cups water to a boil in a saucepan, stirring often.
- Remove from heat; add tea bag. Cover and steep 5 minutes.
- Remove tea bag with a slotted spoon, squeezing gently; cool tea mixture slightly. Stir together raspberry puree, tea mixture, grape juice, and lemon and lime slices. Cover and chill 2 to 24 hours. Stir in orange soft drink, and serve immediately over ice.

## Nutrition Facts



■ PROTEIN **4.22%**
■ FAT **3.15%**
■ CARBS **92.63%**

## Properties

Glycemic Index:7.84, Glycemic Load:2.88, Inflammation Score:-2, Nutrition Score:2.244782583869%

## Flavonoids

Cyanidin: 5.37mg, Cyanidin: 5.37mg, Cyanidin: 5.37mg, Cyanidin: 5.37mg Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg Malvidin: 2.28mg, Malvidin: 2.28mg, Malvidin: 2.28mg, Malvidin: 2.28mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg Hesperetin: 7.3mg, Hesperetin: 7.3mg, Hesperetin: 7.3mg, Hesperetin: 7.3mg Naringenin: 2.89mg, Naringenin: 2.89mg, Naringenin: 2.89mg, Naringenin: 2.89mg

Naringenin: 2.89mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## **Nutrients (% of daily need)**

Calories: 38.89kcal (1.94%), Fat: 0.15g (0.23%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 9.82g (3.27%), Net Carbohydrates: 8.41g (3.06%), Sugar: 7.89g (8.76%), Cholesterol: 0mg (0%), Sodium: 1.29mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.9%), Vitamin C: 15.71mg (19.05%), Manganese: 0.13mg (6.53%), Fiber: 1.41g (5.64%), Potassium: 79.76mg (2.28%), Folate: 8.51µg (2.13%), Magnesium: 6.84mg (1.71%), Vitamin B1: 0.03mg (1.69%), Calcium: 14.35mg (1.44%), Vitamin B6: 0.03mg (1.41%), Copper: 0.03mg (1.28%), Vitamin B5: 0.11mg (1.06%), Iron: 0.19mg (1.06%)