



Most Amazing Sangria Ever!

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



221 kcal

BEVERAGE

DRINK

Ingredients

- 2 fluid ounces brandy
- 0.8 cup ginger ale
- 0.5 apples i use 2 granny smith apples diced
- 1 pinch ground cinnamon
- 2 cups ice cubes crushed
- 0.5 cup orange juice
- 4.5 cups red wine
- 1 fluid ounce triple sec orange-flavored (liqueur)

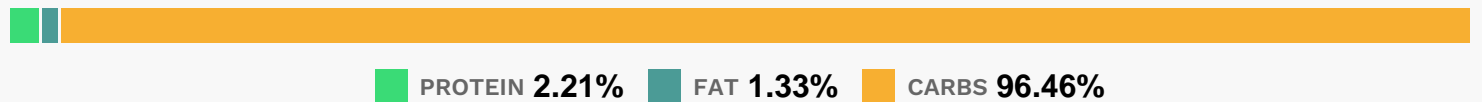
1 teaspoon sugar white

Equipment

Directions

- Stir red wine, ginger ale, orange juice, brandy, triple sec, sugar, cinnamon, and apple together in a large pitcher.
- Divide crushed ice evenly into six large wine glasses.
- Pour red wine mixture into each wine glass, making sure that each serving has a few pieces of apple.

Nutrition Facts



Properties

Glycemic Index:42.02, Glycemic Load:4.45, Inflammation Score:-6, Nutrition Score:3.4795651792184%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Petunidin: 3.56mg, Petunidin: 3.56mg, Petunidin: 3.56mg, Petunidin: 3.56mg Delphinidin: 3.62mg, Delphinidin: 3.62mg, Delphinidin: 3.62mg, Delphinidin: 3.62mg Malvidin: 24.91mg, Malvidin: 24.91mg, Malvidin: 24.91mg, Malvidin: 24.91mg Peonidin: 2.25mg, Peonidin: 2.25mg, Peonidin: 2.25mg, Peonidin: 2.25mg Catechin: 13.05mg, Catechin: 13.05mg, Catechin: 13.05mg, Catechin: 13.05mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 7.96mg, Epicatechin: 7.96mg, Epicatechin: 7.96mg, Epicatechin: 7.96mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg Naringenin: 3.63mg, Naringenin: 3.63mg, Naringenin: 3.63mg, Naringenin: 3.63mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg Galliccatechin: 0.14mg, Galliccatechin: 0.14mg, Galliccatechin: 0.14mg, Galliccatechin: 0.14mg

Nutrients (% of daily need)

Calories: 220.81kcal (11.04%), Fat: 0.08g (0.13%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 13.8g (4.6%), Net Carbohydrates: 13.38g (4.87%), Sugar: 9.31g (10.34%), Cholesterol: 0mg (0%), Sodium: 14.07mg (0.61%), Alcohol: 23.65g (100%), Alcohol %: 8.83% (100%), Protein: 0.32g (0.63%), Vitamin C: 11.03mg (13.37%), Manganese: 0.26mg (12.9%), Potassium: 288.29mg (8.24%), Magnesium: 25.88mg (6.47%), Vitamin B6: 0.12mg (5.86%), Iron: 0.95mg (5.28%), Phosphorus: 47.29mg (4.73%), Vitamin B2: 0.07mg (3.95%), Copper: 0.06mg (2.76%), Vitamin B3: 0.51mg (2.54%), Calcium: 21.22mg (2.12%), Folate: 8.46µg (2.11%), Vitamin B1: 0.03mg (2.06%), Zinc: 0.3mg (1.98%), Fiber: 0.42g (1.69%), Vitamin A: 53.22IU (1.06%), Vitamin K: 1.08µg (1.03%), Vitamin B5: 0.1mg (1.03%)