



Mulled Red Wine Sangria

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



259 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup brandy
- 1 optional: lemon thinly sliced
- 1 cranberry-orange relish thinly sliced
- 0.3 cup orange juice fresh
- 3 tablespoons sugar
- 1 bottle red wine spanish

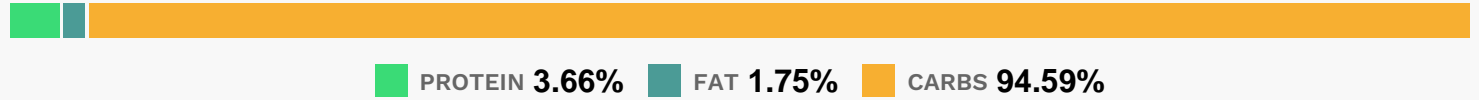
Equipment

- sauce pan

Directions

- Combine wine, juice, brandy and sugar in a medium saucepan over low heat and heat until the sugar has melted.
- Add the orange and lemon slices and let simmer for 5 minutes.
- Serve in heat resistant glasses.

Nutrition Facts



Properties

Glycemic Index:55.02, Glycemic Load:9.6, Inflammation Score:-7, Nutrition Score:5.9717391340629%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Petunidin: 3.71mg, Petunidin: 3.71mg, Petunidin: 3.71mg, Petunidin: 3.71mg Delphinidin: 3.77mg, Delphinidin: 3.77mg, Delphinidin: 3.77mg, Delphinidin: 3.77mg Malvidin: 25.95mg, Malvidin: 25.95mg, Malvidin: 25.95mg, Malvidin: 25.95mg Peonidin: 2.34mg, Peonidin: 2.34mg, Peonidin: 2.34mg, Peonidin: 2.34mg Catechin: 13.39mg, Catechin: 13.39mg, Catechin: 13.39mg, Catechin: 13.39mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 7.11mg, Epicatechin: 7.11mg, Epicatechin: 7.11mg, Epicatechin: 7.11mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Eriodictyol: 5.79mg, Eriodictyol: 5.79mg, Eriodictyol: 5.79mg, Eriodictyol: 5.79mg Hesperetin: 19.49mg, Hesperetin: 19.49mg, Hesperetin: 19.49mg, Hesperetin: 19.49mg Naringenin: 8.82mg, Naringenin: 8.82mg, Naringenin: 8.82mg, Naringenin: 8.82mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 258.87kcal (12.94%), Fat: 0.18g (0.28%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 21.85g (7.28%), Net Carbohydrates: 20.28g (7.37%), Sugar: 15.18g (16.87%), Cholesterol: 0mg (0%), Sodium: 8.44mg (0.37%), Alcohol: 24.89g (100%), Alcohol %: 11% (100%), Protein: 0.84g (1.69%), Vitamin C: 39.48mg (47.86%), Manganese: 0.27mg (13.45%), Potassium: 366.14mg (10.46%), Vitamin B6: 0.15mg (7.72%), Magnesium: 29.64mg (7.41%), Fiber: 1.57g (6.29%), Iron: 1.1mg (6.1%), Phosphorus: 55.26mg (5.53%), Vitamin B2: 0.08mg (4.92%), Folate: 19.32µg (4.83%), Vitamin B1: 0.06mg (4.23%), Calcium: 36.92mg (3.69%), Vitamin B3: 0.6mg (3.02%), Copper: 0.06mg (2.8%),

Vitamin A: 114.38IU (2.29%), Vitamin B5: 0.22mg (2.19%), Zinc: 0.32mg (2.11%), Selenium: 0.72µg (1.02%)