



WHATSHATE



Mulled Wine Sangria



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



142 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 12 ounce seltzer water canned
- ☐ 750 milliliter red wine chilled divided
- ☐ 0.5 cranberry-orange relish thinly sliced cut in half
- ☐ 0.5 cup orange juice fresh (1 large orange)
- ☐ 1 suya seasoning mix
- ☐ 16 ounce strawberries unsweetened frozen
- ☐ 0.3 cup sugar

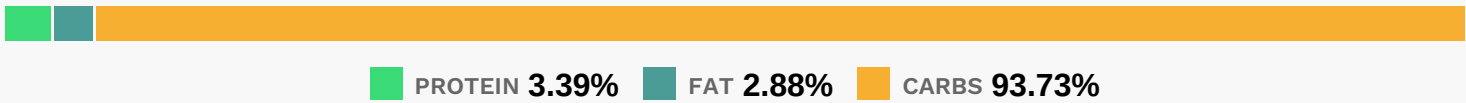
Equipment

☐ sauce pan

Directions

- ☐ Combine 1 cup wine, sugar, and sachet in a small saucepan; bring to a simmer. Cook 5 minutes.
- ☐ Remove from heat; cool. Discard sachet.
- ☐ Pour mixture into a pitcher; add remaining 3 cups wine. Chill thoroughly.
- ☐ Add juice, strawberries, orange slices, and club soda.

Nutrition Facts



Properties

Glycemic Index:28.07, Glycemic Load:8.63, Inflammation Score:-6, Nutrition Score:5.7478260786637%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Petunidin: 1.95mg, Petunidin: 1.95mg, Petunidin: 1.95mg, Petunidin: 1.95mg Delphinidin: 2.09mg, Delphinidin: 2.09mg, Delphinidin: 2.09mg, Delphinidin: 2.09mg Malvidin: 13.17mg, Malvidin: 13.17mg, Malvidin: 13.17mg, Malvidin: 13.17mg Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg Peonidin: 1.22mg, Peonidin: 1.22mg, Peonidin: 1.22mg, Peonidin: 1.22mg Catechin: 8.55mg, Catechin: 8.55mg, Catechin: 8.55mg, Catechin: 8.55mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 3.84mg, Epicatechin: 3.84mg, Epicatechin: 3.84mg, Epicatechin: 3.84mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 4.68mg, Hesperetin: 4.68mg, Hesperetin: 4.68mg, Hesperetin: 4.68mg Naringenin: 3.42mg, Naringenin: 3.42mg, Naringenin: 3.42mg, Naringenin: 3.42mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 142.22kcal (7.11%), Fat: 0.24g (0.37%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 17.8g (5.93%), Net Carbohydrates: 16.39g (5.96%), Sugar: 13.75g (15.28%), Cholesterol: 0mg (0%), Sodium: 13.57mg (0.59%), Alcohol:

10.08g (100%), Alcohol %: 5.64% (100%), Protein: 0.64g (1.29%), Vitamin C: 45.45mg (55.09%), Manganese: 0.36mg (17.78%), Potassium: 255.94mg (7.31%), Fiber: 1.41g (5.66%), Magnesium: 22.07mg (5.52%), Folate: 21.96µg (5.49%), Vitamin B6: 0.09mg (4.66%), Iron: 0.76mg (4.24%), Phosphorus: 39.45mg (3.94%), Vitamin B2: 0.05mg (3.07%), Vitamin B1: 0.04mg (2.64%), Copper: 0.05mg (2.61%), Vitamin B3: 0.52mg (2.61%), Calcium: 25.87mg (2.59%), Vitamin K: 2.42µg (2.31%), Zinc: 0.27mg (1.82%), Vitamin B5: 0.15mg (1.5%), Vitamin E: 0.21mg (1.39%), Vitamin A: 60.25IU (1.21%)