

 food  
network

## Neelys Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



102 kcal

BEVERAGE

DRINK

## Ingredients

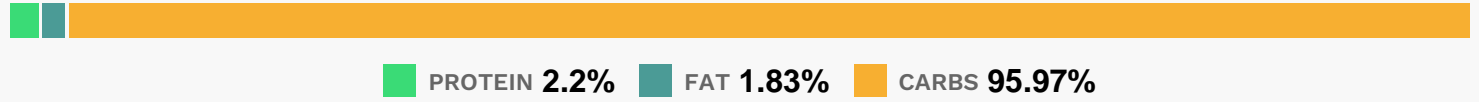
- 1 cup blood orange juice
- 2 blood oranges sliced into rounds, reserve 3 for garnish
- 0.5 cup brandy
- 1 optional: lemon sliced into rounds, for garnish
- 2 bottles red wine chilled
- 0.5 cup sugar

## Equipment

## Directions

- Combine all ingredients into a large pitcher and stir.
- Pour into glasses and garnish with a slice of blood orange and lemon.

## Nutrition Facts



## Properties

Glycemic Index:27.51, Glycemic Load:10.73, Inflammation Score:-2, Nutrition Score:2.230434762314%

## Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 2.94mg, Eriodictyol: 2.94mg, Eriodictyol: 2.94mg, Eriodictyol: 2.94mg Hesperetin: 8.36mg, Hesperetin: 8.36mg, Hesperetin: 8.36mg, Hesperetin: 8.36mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

## Nutrients (% of daily need)

Calories: 102.38kcal (5.12%), Fat: 0.15g (0.23%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 17.32g (5.77%), Net Carbohydrates: 16.8g (6.11%), Sugar: 15.72g (17.47%), Cholesterol: 0mg (0%), Sodium: 0.87mg (0.04%), Alcohol: 5.04g (100%), Alcohol %: 8.45% (100%), Protein: 0.4g (0.79%), Vitamin C: 24.38mg (29.56%), Folate: 11.76µg (2.94%), Potassium: 87.38mg (2.5%), Vitamin B1: 0.04mg (2.47%), Fiber: 0.52g (2.07%), Vitamin A: 72.29IU (1.45%), Vitamin B6: 0.03mg (1.27%), Copper: 0.02mg (1.21%), Magnesium: 4.84mg (1.21%)