



Passionate White Sangría

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

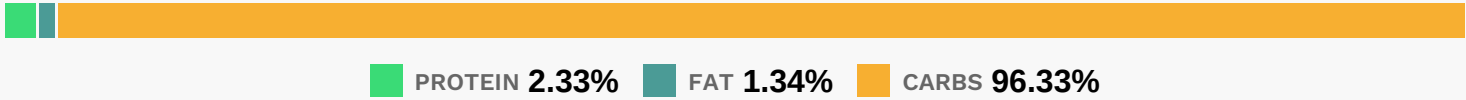
- ☐ 12 ounce ginger ale canned
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 cup passionfruit juice
- ☐ 3 cups pineapple juice
- ☐ 750 milliliter mirin sweet
- ☐ 1 cup grape juice white

Equipment

Directions

- ☐ Combine first 5 ingredients in a large pitcher; chill.
- ☐ Add ginger ale, stirring gently.

Nutrition Facts



Properties

Glycemic Index:12.4, Glycemic Load:6.3, Inflammation Score:-5, Nutrition Score:4.3321739052949%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg Malvidin: 2.87mg, Malvidin: 2.87mg, Malvidin: 2.87mg, Malvidin: 2.87mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.27mg, Peonidin: 0.27mg, Peonidin: 0.27mg, Peonidin: 0.27mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.85mg, Hesperetin: 0.85mg, Hesperetin: 0.85mg, Hesperetin: 0.85mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 140.77kcal (7.04%), Fat: 0.13g (0.21%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 21.68g (7.23%), Net Carbohydrates: 21.41g (7.79%), Sugar: 17.83g (19.81%), Cholesterol: 0mg (0%), Sodium: 10.47mg (0.46%), Alcohol: 7.84g (100%), Alcohol %: 4.19% (100%), Protein: 0.52g (1.05%), Manganese: 0.51mg (25.59%), Vitamin C: 16.28mg (19.73%), Potassium: 248.45mg (7.1%), Vitamin B6: 0.13mg (6.58%), Magnesium: 23.66mg (5.91%), Folate: 15.84µg (3.96%), Copper: 0.08mg (3.86%), Vitamin B2: 0.06mg (3.73%), Vitamin A: 185.69IU (3.71%), Iron: 0.61mg (3.41%), Vitamin B1: 0.05mg (3.38%), Vitamin B3: 0.63mg (3.13%), Phosphorus: 26.96mg (2.7%), Calcium: 21.69mg (2.17%), Zinc: 0.22mg (1.47%), Fiber: 0.27g (1.06%)