



Peach-Berry Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



90 kcal

BEVERAGE

DRINK

Ingredients

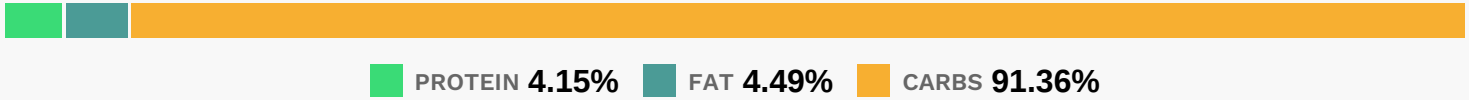
- ☐ 3 cups seltzer water
- ☐ 0.5 cup peach nectar
- ☐ 3 peaches sliced
- ☐ 1 bottle rose hips
- ☐ 1 pint strawberries sliced
- ☐ 0.3 cup caster sugar
- ☐ 0.8 cup vodka

Equipment

Directions

- ☐ In a pitcher, mix sugar with peach nectar until dissolved. Stir in rosé, vodka, strawberries and peaches.
- ☐ Add club soda.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:13.78, Glycemic Load:6.07, Inflammation Score:-3, Nutrition Score:3.4686956250149%

Flavonoids

Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 9.8mg, Pelargonidin: 9.8mg, Pelargonidin: 9.8mg, Pelargonidin: 9.8mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 3.07mg, Catechin: 3.07mg, Catechin: 3.07mg, Catechin: 3.07mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 1.04mg, Epicatechin: 1.04mg, Epicatechin: 1.04mg, Epicatechin: 1.04mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 89.63kcal (4.48%), Fat: 0.3g (0.46%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 13.58g (4.53%), Net Carbohydrates: 12.2g (4.44%), Sugar: 11.88g (13.2%), Cholesterol: 0mg (0%), Sodium: 19.04mg (0.83%), Alcohol: 5.01g (100%), Alcohol %: 3.8% (100%), Protein: 0.62g (1.23%), Vitamin C: 25.08mg (30.4%), Manganese: 0.18mg (8.94%), Fiber: 1.38g (5.53%), Potassium: 110.99mg (3.17%), Vitamin A: 157.37IU (3.15%), Folate: 11.82µg (2.95%), Vitamin E: 0.42mg (2.82%), Copper: 0.06mg (2.78%), Vitamin B3: 0.46mg (2.32%), Magnesium: 9.19mg (2.3%), Vitamin K: 2.14µg (2.04%), Phosphorus: 18.83mg (1.88%), Iron: 0.31mg (1.71%), Vitamin B1: 0.03mg (1.7%), Vitamin B6: 0.03mg (1.59%), Selenium: 1µg (1.43%), Vitamin B2: 0.02mg (1.42%), Zinc: 0.2mg (1.35%), Calcium: 11.59mg (1.16%), Vitamin B5: 0.11mg (1.14%)