



Peach-Blackberry Sangria

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



130 min.

SERVINGS



6

CALORIES



202 kcal

BEVERAGE

DRINK

Ingredients

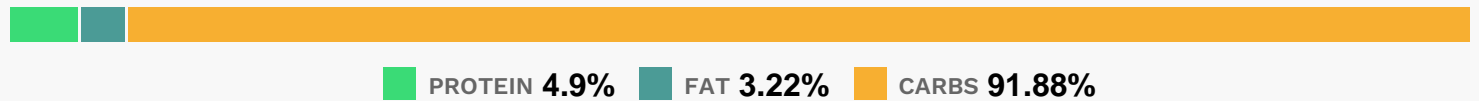
- 1 cup blackberries fresh
- 6 servings ice cubes
- 1 cup peach brandy
- 1.5 cups peach puree fresh
- 2 peaches pitted ripe plus more for garnish halved sliced
- 0.3 cup simple syrup glaze chilled
- 1 bottle red table wine spanish chilled

Equipment

Directions

- Watch how to make this recipe.
- Combine the wine, peach puree, brandy, syrup, blackberries and sliced peaches in a pitcher. Cover the pitcher and refrigerate for at least 2 hours and up to 24 hours.
- Serve the sangria over ice in red wine goblets.
- Garnish the goblets with sliced peaches.

Nutrition Facts



Properties

Glycemic Index:26.79, Glycemic Load:4.7, Inflammation Score:-7, Nutrition Score:6.3386955986852%

Flavonoids

Cyanidin: 26.42mg, Cyanidin: 26.42mg, Cyanidin: 26.42mg, Cyanidin: 26.42mg Petunidin: 2.47mg, Petunidin: 2.47mg, Petunidin: 2.47mg, Petunidin: 2.47mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 17.3mg, Malvidin: 17.3mg, Malvidin: 17.3mg, Malvidin: 17.3mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 1.61mg, Peonidin: 1.61mg, Peonidin: 1.61mg, Peonidin: 1.61mg Catechin: 23.44mg, Catechin: 23.44mg, Catechin: 23.44mg, Catechin: 23.44mg Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 2.21mg, Naringenin: 2.21mg, Naringenin: 2.21mg, Naringenin: 2.21mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 202.29kcal (10.11%), Fat: 0.43g (0.66%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 27.37g (9.12%), Net Carbohydrates: 24.39g (8.87%), Sugar: 21.8g (24.23%), Cholesterol: 0mg (0%), Sodium: 31.03mg (1.35%), Alcohol: 13.25g (100%), Alcohol %: 5.04% (100%), Protein: 1.46g (2.92%), Manganese: 0.39mg (19.48%), Fiber: 2.98g (11.94%), Vitamin C: 9.72mg (11.78%), Potassium: 345.76mg (9.88%), Iron: 1.62mg (8.99%), Vitamin A: 426.04IU (8.52%),

Vitamin K: 8.68µg (8.26%), Magnesium: 30.9mg (7.72%), Copper: 0.15mg (7.71%), Vitamin E: 1.11mg (7.43%), Vitamin B3: 1.37mg (6.85%), Phosphorus: 60.27mg (6.03%), Vitamin B6: 0.11mg (5.35%), Vitamin B2: 0.09mg (5.22%), Selenium: 2.84µg (4.06%), Zinc: 0.6mg (3.98%), Vitamin B1: 0.06mg (3.78%), Folate: 14.1µg (3.53%), Vitamin B5: 0.28mg (2.78%), Calcium: 25.03mg (2.5%)