



Peach Sangria



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



291 kcal

BEVERAGE

DRINK

Ingredients

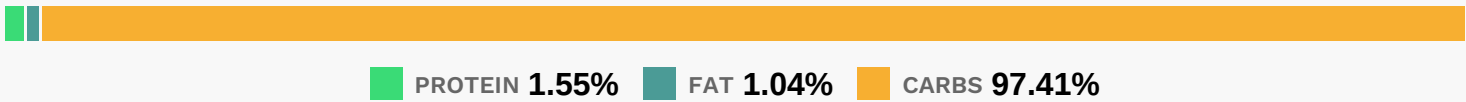
- ☐ 1 liter ginger ale chilled
- ☐ 0.8 cup peach schnapps
- ☐ 2 large peaches fresh yellow sliced (1 pound total)
- ☐ 0.3 cup sugar
- ☐ 1 bottle wine

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Peach Sangria
- ☐ Ingredients2 large fresh yellow peaches (about 1 pound total), sliced1/4 cup sugar3/4 cup peach liqueur or peach schnapps1 bottle white wine1 litre ginger ale, chilled
- ☐ You will also need
- ☐ Sangria pitcher, serving glasses
- ☐ Servings: 6–8
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:31.39, Glycemic Load:17.5, Inflammation Score:-5, Nutrition Score:2.8973912881768%

Flavonoids

Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Catechin: 3.83mg, Catechin: 3.83mg, Catechin: 3.83mg, Catechin: 3.83mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 291.42kcal (14.57%), Fat: 0.18g (0.28%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 38.97g (12.99%), Net Carbohydrates: 38.09g (13.85%), Sugar: 36.05g (40.06%), Cholesterol: 0mg (0%), Sodium: 25.55mg (1.11%), Alcohol: 12.88g (100%), Alcohol %: 4.21% (100%), Protein: 0.62g (1.24%), Manganese: 0.2mg (10.19%), Magnesium: 18.83mg (4.71%), Iron: 0.84mg (4.66%), Potassium: 161.75mg (4.62%), Copper: 0.08mg (4.05%), Vitamin B6: 0.08mg (3.85%), Vitamin A: 190.17IU (3.8%), Phosphorus: 35.33mg (3.53%), Fiber: 0.88g (3.5%), Vitamin B3: 0.61mg

(3.03%), Vitamin C: 2.39mg (2.9%), Vitamin E: 0.43mg (2.84%), Zinc: 0.37mg (2.45%), Vitamin B2: 0.04mg (2.26%), Selenium: 1.57µg (2.24%), Vitamin K: 2.25µg (2.14%), Calcium: 18.65mg (1.87%), Vitamin B5: 0.15mg (1.46%), Vitamin B1: 0.02mg (1.35%), Folate: 4.75µg (1.19%)