



Peach Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



210 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup lemonade concentrate frozen thawed
- ☐ 2 nectarines sliced
- ☐ 1 cup peach schnapps
- ☐ 1 cup grapes whole green red sliced
- ☐ 750 milliliter white wine

Equipment

Directions

☐ Combine all ingredients in a large pitcher. Cover and chill at least 2 hours or overnight. Stir before serving.

Nutrition Facts



PROTEIN 2.48%
FAT 2.13%
CARBS 95.39%

Properties

Glycemic Index:13, Glycemic Load:3.04, Inflammation Score:-4, Nutrition Score:2.4265217418256%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 209.65kcal (10.48%), Fat: 0.23g (0.36%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 23.49g (7.83%), Net Carbohydrates: 22.74g (8.27%), Sugar: 20.06g (22.29%), Cholesterol: 0mg (0%), Sodium: 10.78mg (0.47%), Alcohol: 9.8g (100%), Alcohol %: 6.41% (100%), Protein: 0.61g (1.22%), Manganese: 0.15mg (7.29%), Potassium: 160.73mg (4.59%), Vitamin C: 3.57mg (4.33%), Vitamin B6: 0.08mg (3.78%), Magnesium: 15.06mg (3.77%), Vitamin K: 3.88µg (3.69%), Phosphorus: 31.16mg (3.12%), Fiber: 0.75g (2.99%), Copper: 0.06mg (2.94%), Vitamin B3: 0.55mg (2.76%), Vitamin A: 130.32IU (2.61%), Iron: 0.44mg (2.47%), Vitamin B1: 0.03mg (2.19%), Vitamin B2: 0.04mg (2.18%), Vitamin E: 0.27mg (1.77%), Zinc: 0.21mg (1.39%), Vitamin B5: 0.13mg (1.35%), Calcium: 12.19mg (1.22%), Folate: 4.49µg (1.12%)