



Peach Sangria Rosa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



300 kcal

BEVERAGE

DRINK

Ingredients

- 0.7 cup confectioners' sugar
- 8 servings ice cubes
- 6 cups lemon-lime soda chilled
- 1 cup peach syrup flavored
- 4 peaches fresh ripe sliced
- 6 cups rosé wine chilled

Equipment

Directions

- Stir together peach syrup, peaches, and sugar; let sit at room temperature for one hour.
- Pour peaches into large, one-gallon pitcher and stir in the wine.
- Add ice to glasses and fill about 3/4 full of sangria. Top with the lemon-lime soda. Enjoy!

Nutrition Facts



■ PROTEIN 2.57% ■ FAT 1.29% ■ CARBS 96.14%

Properties

Glycemic Index:11.94, Glycemic Load:4, Inflammation Score:-6, Nutrition Score:4.3743478370749%

Flavonoids

Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg Catechin: 4.64mg, Catechin: 4.64mg, Catechin: 4.64mg, Catechin: 4.64mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 2.21mg, Epicatechin: 2.21mg, Epicatechin: 2.21mg, Epicatechin: 2.21mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 300.45kcal (15.02%), Fat: 0.25g (0.39%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 42.84g (14.28%), Net Carbohydrates: 41.42g (15.06%), Sugar: 37.15g (41.27%), Cholesterol: 0mg (0%), Sodium: 41.95mg (1.82%), Alcohol: 18.72g (100%), Alcohol %: 4.59% (100%), Caffeine: 26.55mg (8.85%), Protein: 1.14g (2.29%), Manganese: 0.28mg (14.05%), Potassium: 295.15mg (8.43%), Magnesium: 29.67mg (7.42%), Vitamin A: 307.26IU (6.15%), Vitamin B6: 0.12mg (6.04%), Iron: 1.03mg (5.71%), Phosphorus: 56.74mg (5.67%), Fiber: 1.41g (5.66%), Vitamin B3: 1.09mg (5.43%), Copper: 0.1mg (4.79%), Vitamin C: 3.86mg (4.68%), Vitamin E: 0.69mg (4.59%), Vitamin B2: 0.07mg (4.27%), Selenium: 2.4µg (3.43%), Zinc: 0.48mg (3.17%), Vitamin K: 2.83µg (2.69%), Calcium: 23.49mg (2.35%), Vitamin B5: 0.21mg (2.11%), Vitamin B1: 0.03mg (2.11%), Folate: 7.45µg (1.86%)