



Peach Sangria with Raspberries



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



6

CALORIES



227 kcal

BEVERAGE

DRINK

Ingredients



750 milliliter cooking wine dry white



2 tablespoons orange juice concentrate frozen thawed



0.8 cup peach schnapps



1 pound peaches pitted sliced



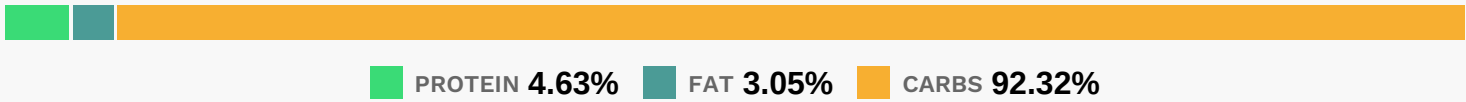
0.8 cup raspberries frozen

Equipment

Directions

- ☐ Stir white wine, peach schnapps, and orange juice concentrate together in a large pitcher; add peach slices.
- ☐ Refrigerate until completely chilled, at least 2 hours; add frozen raspberries just before serving.

Nutrition Facts



Properties

Glycemic Index:13.54, Glycemic Load:3.32, Inflammation Score:-6, Nutrition Score:4.7252173838408%

Flavonoids

Cyanidin: 8.32mg, Cyanidin: 8.32mg, Cyanidin: 8.32mg, Cyanidin: 8.32mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 4.89mg, Catechin: 4.89mg, Catechin: 4.89mg, Catechin: 4.89mg Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg Epicatechin: 2.99mg, Epicatechin: 2.99mg, Epicatechin: 2.99mg, Epicatechin: 2.99mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 226.64kcal (11.33%), Fat: 0.31g (0.48%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 21.41g (7.14%), Net Carbohydrates: 19.26g (7%), Sugar: 16.53g (18.37%), Cholesterol: 0mg (0%), Sodium: 16.66mg (0.72%), Alcohol: 13.06g (100%), Alcohol %: 6.57% (100%), Protein: 1.08g (2.15%), Vitamin C: 14.18mg (17.18%), Manganese: 0.3mg (14.87%), Fiber: 2.16g (8.63%), Potassium: 235.91mg (6.74%), Magnesium: 23.75mg (5.94%), Vitamin A: 270.08IU (5.4%), Vitamin B6: 0.1mg (5.17%), Vitamin E: 0.71mg (4.75%), Phosphorus: 46.81mg (4.68%), Vitamin B3: 0.89mg (4.45%), Copper: 0.08mg (4.02%), Iron: 0.72mg (4%), Vitamin K: 3.96µg (3.78%), Vitamin B2: 0.06mg (3.34%), Folate: 12.75µg (3.19%), Vitamin B1: 0.04mg (2.86%), Zinc: 0.4mg (2.65%), Selenium: 1.76µg (2.52%), Vitamin B5: 0.25mg (2.5%), Calcium: 20.06mg (2.01%)