

Pineapple Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



257 kcal

BEVERAGE

DRINK

Ingredients

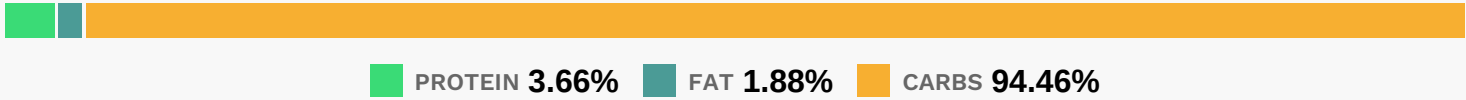
- ☐ 1 cup brandy (pear brandy is nice but not required)
- ☐ 1 cup seltzer water
- ☐ 1 bottle sauvignon blanc white wine dry white such as chardonnay or sauvignon blanc
- ☐ 1 bunch mint leaves fresh roughly chopped
- ☐ 1 cranberry-orange relish sliced
- ☐ 1 pineapple ripe cut into 1-inch chunks
- ☐ 3 cups pineapple juice

Equipment

Directions

- ☐ In a pitcher, combine the juice, wine, brandy, pineapple, and soda with ice and stir.
- ☐ Pour into large wineglasses and garnish with the mint and orange.

Nutrition Facts



Properties

Glycemic Index:20.27, Glycemic Load:13.58, Inflammation Score:-6, Nutrition Score:11.076086629992%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 4.51mg, Hesperetin: 4.51mg, Hesperetin: 4.51mg, Hesperetin: 4.51mg Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 256.75kcal (12.84%), Fat: 0.27g (0.41%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 30.14g (10.05%), Net Carbohydrates: 27.94g (10.16%), Sugar: 21.51g (23.9%), Cholesterol: 0mg (0%), Sodium: 9.57mg (0.42%), Alcohol: 19.86g (100%), Alcohol %: 6.77% (100%), Protein: 1.17g (2.34%), Vitamin C: 71.79mg (87.02%), Manganese: 1.51mg (75.52%), Vitamin B6: 0.23mg (11.3%), Vitamin B1: 0.16mg (10.48%), Folate: 41.78µg (10.44%), Copper: 0.2mg (10.13%), Fiber: 2.19g (8.78%), Potassium: 272.03mg (7.77%), Magnesium: 26.53mg (6.63%), Vitamin B3: 0.8mg (4%), Vitamin B2: 0.06mg (3.76%), Iron: 0.66mg (3.66%), Calcium: 35.45mg (3.55%), Vitamin B5: 0.33mg (3.33%), Vitamin A: 128.12IU (2.56%), Phosphorus: 19.99mg (2%), Zinc: 0.29mg (1.94%), Vitamin K: 1.06µg (1.01%)