



Pineapple Sangria



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



236 kcal

BEVERAGE

DRINK

Ingredients



1 cup coconut water



1 lime thinly sliced



2 ounces juice of lime freshly squeezed



1 ounces maraschino liqueur



1 small pineapple peeled cut into 1-inch chunks



4 ounces rum white



2 ounces simple syrup glaze



1 cup seltzer water cold

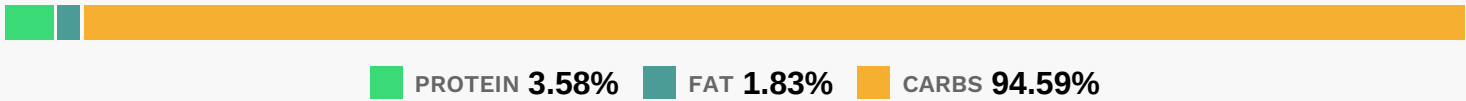
☐ 2 cups white wine

Equipment

Directions

- ☐ In a large pitcher, combine 2 cups pineapple, white wine, simple syrup, and rum. Stir gently then cover and refrigerate for at least 4 hours and up to 24 hours. When ready to serve, add the coconut water, lime juice, lime slices, and sparkling water.
- ☐ Add the Maraschino liqueur, if using, then carefully fill the pitcher with ice and stir to combine.
- ☐ Garnish glasses with the remaining pineapple, if desired, or add the fruit to the pitcher.

Nutrition Facts



Properties

Glycemic Index:29.28, Glycemic Load:11.51, Inflammation Score:-6, Nutrition Score:12.243913090747%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 5.97mg, Hesperetin: 5.97mg, Hesperetin: 5.97mg, Hesperetin: 5.97mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 235.74kcal (11.79%), Fat: 0.29g (0.45%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 33.72g (11.24%), Net Carbohydrates: 30.82g (11.21%), Sugar: 25.44g (28.26%), Cholesterol: 0mg (0%), Sodium: 61.87mg (2.69%), Alcohol: 16.46g (100%), Alcohol %: 5.73% (100%), Protein: 1.28g (2.55%), Vitamin C: 79.14mg (95.93%), Manganese: 1.55mg (77.75%), Fiber: 2.9g (11.61%), Vitamin B6: 0.23mg (11.52%), Vitamin B1: 0.15mg (10.29%), Copper: 0.2mg (10.16%), Potassium: 350.77mg (10.02%), Magnesium: 38.87mg (9.72%), Folate: 30.99µg (7.75%), Iron: 1.2mg (6.65%), Vitamin B2: 0.09mg (5.48%), Vitamin B3: 0.92mg (4.6%), Calcium: 44.62mg (4.46%), Vitamin B5: 0.41mg (4.1%), Phosphorus: 39.31mg (3.93%), Zinc: 0.4mg (2.68%), Vitamin A: 97.79IU (1.96%), Vitamin K: 1.5µg (1.43%), Selenium: 0.75µg (1.07%)