



Plum Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



104 kcal

BEVERAGE

DRINK

Ingredients

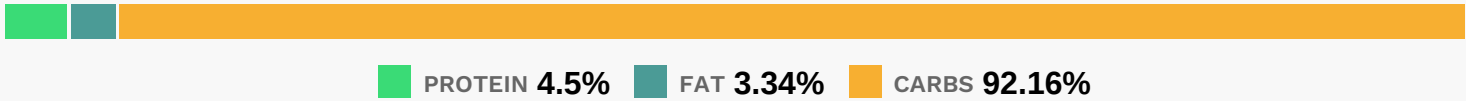
- ☐ 4 servings ice cubes
- ☐ 4 servings mint sprigs fresh
- ☐ 3 plums sliced for puree, 1
- ☐ 0.5 cup seltzer
- ☐ 1 teaspoon crystallized ginger simple syrup
- ☐ 0.5 bottle white wine spanish

Equipment

Directions

- ☐ In a large pitcher with ice, add the wine, plum puree, simple syrup and 1 sprig of mint. Muddle the mint around a little bit, then add some of the plum slices and seltzer.
- ☐ Pour into serving glasses and garnish with plum slices and mint sprigs.

Nutrition Facts



Properties

Glycemic Index:13.42, Glycemic Load:2.28, Inflammation Score:-5, Nutrition Score:2.3152173913043%

Flavonoids

Cyanidin: 2.79mg, Cyanidin: 2.79mg, Cyanidin: 2.79mg, Cyanidin: 2.79mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg Epicatechin 3-gallate: 0.38mg, Epicatechin 3-gallate: 0.38mg, Epicatechin 3-gallate: 0.38mg, Epicatechin 3-gallate: 0.38mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg 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: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 104.3kcal (5.22%), Fat: 0.15g (0.23%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 9.2g (3.07%), Net Carbohydrates: 8.43g (3.06%), Sugar: 6.74g (7.49%), Cholesterol: 0mg (0%), Sodium: 14.19mg (0.62%), Alcohol: 9.66g (100%), Alcohol %: 5.3% (100%), Protein: 0.45g (0.9%), Manganese: 0.15mg (7.37%), Vitamin C: 5.02mg (6.09%), Potassium: 150.56mg (4.3%), Vitamin A: 213.26IU (4.27%), Magnesium: 14.5mg (3.62%), Vitamin K: 3.54µg (3.37%), Vitamin B6: 0.06mg (3.13%), Fiber: 0.77g (3.09%), Phosphorus: 25.52mg (2.55%), Copper: 0.05mg (2.3%), Iron: 0.39mg (2.17%), Vitamin B2: 0.03mg (1.74%), Calcium: 17mg (1.7%), Vitamin B3: 0.32mg (1.62%), Zinc: 0.21mg (1.39%), Vitamin B1: 0.02mg (1.29%), Folate: 4.55µg (1.14%), Vitamin B5: 0.11mg (1.12%)