



Puerto-Rican Sangría



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

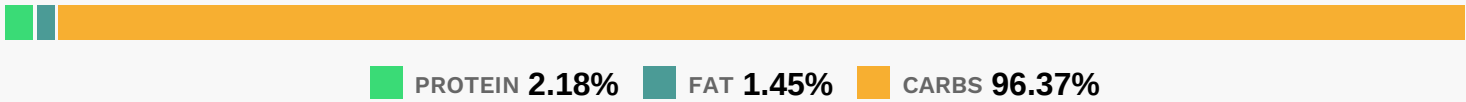
- ☐ 0.5 cup rum dark
- ☐ 750 milliliter cooking wine dry white
- ☐ 2 cups apples i use 2 granny smith apples chopped
- ☐ 3 cups lemon-lime soda chilled (such as Sprite)
- ☐ 1 cup mangos ripe peeled chopped
- ☐ 0.5 cup orange sections fresh
- ☐ 2 cups pineapple fresh chopped
- ☐ 0.3 cup sugar

Equipment

Directions

- ☐ Combine all ingredients in a large pit-cher.
- ☐ Serve immediately over ice.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:7.06, Inflammation Score:-5, Nutrition Score:3.9073913188084%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 2.3mg, Hesperetin: 2.3mg, Hesperetin: 2.3mg, Hesperetin: 2.3mg Naringenin: 1.39mg, Naringenin: 1.39mg, Naringenin: 1.39mg, Naringenin: 1.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 151.68kcal (7.58%), Fat: 0.14g (0.22%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 21.37g (7.12%), Net Carbohydrates: 20.09g (7.3%), Sugar: 18.24g (20.27%), Cholesterol: 0mg (0%), Sodium: 9.83mg (0.43%), Alcohol: 9.87g (100%), Alcohol %: 6.07% (100%), Caffeine: 8.85mg (2.95%), Protein: 0.48g (0.97%), Vitamin C: 23.1mg (28%), Manganese: 0.35mg (17.45%), Fiber: 1.28g (5.14%), Vitamin B6: 0.09mg (4.6%), Vitamin A: 192.85IU (3.86%), Potassium: 134.83mg (3.85%), Folate: 14.37µg (3.59%), Magnesium: 13.4mg (3.35%), Copper: 0.06mg (2.97%), Vitamin B1: 0.04mg (2.63%), Vitamin B2: 0.03mg (1.95%), Phosphorus: 19.28mg (1.93%), Iron: 0.32mg (1.8%), Vitamin B3: 0.35mg (1.74%), Calcium: 16.27mg (1.63%), Vitamin B5: 0.15mg (1.46%), Vitamin K: 1.48µg (1.41%), Vitamin E: 0.18mg (1.2%)