



 **100%**  
HEALTH SCORE

## Pumpkin Sangria

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



609 kcal

BEVERAGE

DRINK

## Ingredients

- 24 inch long cinnamon sticks for garnish
- 3 cups tropical juice blend such as v-8 splash chilled
- 2 tablespoons maple syrup
- 6 pumpkin candies such as brach's for garnish,
- 1 teaspoon pumpkin pie spice
- 1 cup pumpkin spice liqueur chilled
- 2 tablespoons sugar
- 1 bottle white wine chilled

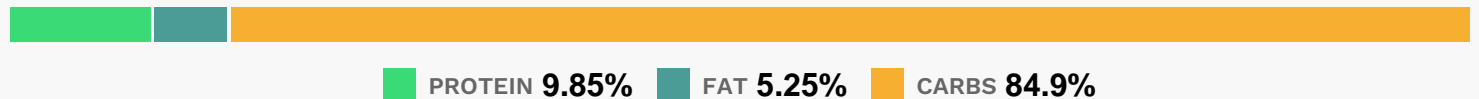
# Equipment

bowl

# Directions

- Watch how to make this recipe.
- In a small bowl, combine the sugar and pumpkin pie spice and mix until well combined.
- Transfer to a saucer.
- Add the maple syrup to a second saucer. Lightly dip the rims of 6 punch glasses into the maple syrup. Then dip the rims of the glasses into the spiced sugar.
- Insert the cinnamon sticks into the bottom of each pumpkin candy and set aside.
- In a pitcher, combine the wine, juice and pumpkin spice liqueur. Stir and pour into the rimmed glasses.
- Garnish with the pumpkin candy cinnamon sticks.
- Cook's Note: If you cannot find pumpkin spice liqueur, combine 1 teaspoon pumpkin pie spice with 1 cup brandy in a container fitted with a lid. Shake vigorously and let sit for 1 day to infuse into the brandy.

# Nutrition Facts



# Properties

Glycemic Index:39.89, Glycemic Load:69.34, Inflammation Score:-10, Nutrition Score:55.609564656797%

# Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Catechin: 2.51mg, Catechin: 2.51mg, Catechin: 2.51mg, Catechin: 2.51mg Epicatechin: 6.53mg, Epicatechin: 6.53mg, Epicatechin: 6.53mg, Epicatechin: 6.53mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Luteolin: 22.17mg, Luteolin: 22.17mg, Luteolin: 22.17mg, Luteolin: 22.17mg 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: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

## Nutrients (% of daily need)

Calories: 608.86kcal (30.44%), Fat: 3.52g (5.41%), Saturated Fat: 1.75g (10.93%), Carbohydrates: 127.98g (42.66%), Net Carbohydrates: 116.54g (42.38%), Sugar: 59.93g (66.59%), Cholesterol: 0mg (0%), Sodium: 33.82mg (1.47%), Alcohol: 12.88g (100%), Alcohol %: 1% (100%), Protein: 14.85g (29.71%), Vitamin A: 115829.86IU (2316.6%), Manganese: 5.22mg (260.98%), Vitamin C: 127.26mg (154.25%), Potassium: 4971.97mg (142.06%), Vitamin E: 14.82mg (98.78%), Vitamin B2: 1.64mg (96.7%), Copper: 1.84mg (91.76%), Iron: 14.73mg (81.84%), Phosphorus: 650.23mg (65.02%), Folate: 222.77µg (55.69%), Magnesium: 206.55mg (51.64%), Vitamin B1: 0.74mg (49.18%), Vitamin B6: 0.98mg (49.1%), Calcium: 458.73mg (45.87%), Fiber: 11.44g (45.77%), Vitamin B3: 8.79mg (43.94%), Vitamin B5: 4.18mg (41.84%), Zinc: 5.01mg (33.4%), Vitamin K: 21.06µg (20.06%), Selenium: 5.9µg (8.43%)