



## Rachel's Rose Sangria

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



222 kcal

BEVERAGE

DRINK

### Ingredients

- 0.5 cup apples diced
- 1 cup brandy
- 0.5 cup grapes green seedless halved
- 2 trays ice cubes
- 0.5 optional: lemon sliced cut into small pieces
- 4 cups lemon-lime soda flavored
- 0.5 lime sliced cut into small pieces
- 0.5 cup grapes red seedless halved

- 1 cup rum
- 1.5 cups white zinfandel wine

## Equipment

## Directions

- Place the ice cubes into a glass pitcher.
- Pour in the rum, brandy, wine, and lemon-lime soda and stir to blend.
- Add the apple, grapes, lemon, and lime to the pitcher, and stir again.
- Pour into glasses.

## Nutrition Facts



## Properties

Glycemic Index:21.15, Glycemic Load:1.6, Inflammation Score:-4, Nutrition Score:1.2982608546381%

## Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Petunidin: 2.35mg, Petunidin: 2.35mg, Petunidin: 2.35mg, Petunidin: 2.35mg Delphinidin: 1.38mg, Delphinidin: 1.38mg, Delphinidin: 1.38mg, Delphinidin: 1.38mg Malvidin: 33.57mg, Malvidin: 33.57mg, Malvidin: 33.57mg, Malvidin: 33.57mg Peonidin: 1.39mg, Peonidin: 1.39mg, Peonidin: 1.39mg, Peonidin: 1.39mg Catechin: 3.57mg, Catechin: 3.57mg, Catechin: 3.57mg, Catechin: 3.57mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 3.15mg, Epicatechin: 3.15mg, Epicatechin: 3.15mg, Epicatechin: 3.15mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 1.15mg, Eriodictyol: 1.15mg, Eriodictyol: 1.15mg, Eriodictyol: 1.15mg Hesperetin: 2.95mg, Hesperetin: 2.95mg, Hesperetin: 2.95mg, Hesperetin: 2.95mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

## Nutrients (% of daily need)

Calories: 222.46kcal (11.12%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 19.14g (6.38%), Net Carbohydrates: 18.61g (6.77%), Sugar: 15.56g (17.28%), Cholesterol: 0mg (0%), Sodium: 13.79mg (0.6%), Alcohol: 21.45g (100%), Alcohol %: 12.9% (100%), Caffeine: 14.16mg (4.72%), Protein: 0.36g (0.73%), Vitamin C: 4.61mg (5.58%), Manganese: 0.07mg (3.28%), Copper: 0.05mg (2.57%), Potassium: 80.87mg (2.31%), Vitamin K: 2.36µg

(2.25%), Fiber: 0.53g (2.12%), Vitamin B1: 0.02mg (1.59%), Magnesium: 6.16mg (1.54%), Iron: 0.24mg (1.32%), Vitamin B2: 0.02mg (1.31%), Vitamin B6: 0.02mg (1.09%), Phosphorus: 10.28mg (1.03%)