



Raspberry-Apricot Sangria

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



9

CALORIES



167 kcal

BEVERAGE

DRINK

Ingredients

- 10 ounces raspberries sweetened frozen thawed
- 2 cups all-natural apricot nectar
- 750 ml wine chilled
- 0.3 cup brandy
- 24 ounces coca-cola chilled canned
- 1 cup raspberries fresh
- 1 slices optional: lemon

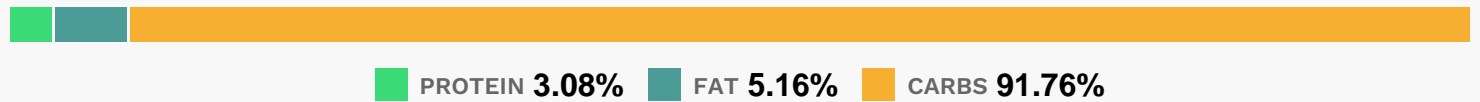
Equipment

- bowl
- sieve
- blender
- wooden spoon

Directions

- Place thawed raspberries in blender. Cover and blend on high speed until pureed. Press blended raspberries through a strainer into small bowl, using wooden spoon; discard seeds.
- Mix raspberry puree, nectar, wine and brandy in 2-quart nonmetal pitcher or container. Just before serving, add carbonated beverage, fresh raspberries and lemon slices.
- Serve over ice.

Nutrition Facts



Properties

Glycemic Index:18.94, Glycemic Load:5.53, Inflammation Score:-7, Nutrition Score:5.8504347645718%

Flavonoids

Cyanidin: 20.52mg, Cyanidin: 20.52mg, Cyanidin: 20.52mg, Cyanidin: 20.52mg Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.44mg, Pelargonidin: 0.44mg, Pelargonidin: 0.44mg, Pelargonidin: 0.44mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 2.04mg, Epicatechin: 2.04mg, Epicatechin: 2.04mg, Epicatechin: 2.04mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 167.46kcal (8.37%), Fat: 0.56g (0.86%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 22.42g (7.47%), Net Carbohydrates: 19.43g (7.06%), Sugar: 16.73g (18.59%), Cholesterol: 0mg (0%), Sodium: 12.24mg (0.53%), Alcohol: 10.93g (100%), Alcohol %: 5.17% (100%), Caffeine: 6.05mg (2.02%), Protein: 0.75g (1.51%), Vitamin C: 28.72mg (34.82%), Manganese: 0.42mg (21%), Vitamin A: 749IU (14.98%), Fiber: 2.99g (11.97%), Magnesium: 21.17mg (5.29%), Potassium: 167.81mg (4.79%), Vitamin B6: 0.09mg (4.41%), Vitamin K: 4.5µg (4.29%), Vitamin E: 0.62mg (4.13%), Phosphorus: 38.96mg (3.9%), Iron: 0.68mg (3.8%), Vitamin B1: 0.05mg (3.52%), Copper: 0.06mg (2.84%), Folate: 10.9µg (2.73%), Calcium: 26.67mg (2.67%), Vitamin B5: 0.24mg (2.41%), Vitamin B2: 0.04mg (2.27%), Vitamin B3: 0.44mg (2.22%), Zinc: 0.32mg (2.16%)