



## Raspberry-Orange Sunrises

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



114 kcal

### Ingredients

- 4 cups orange juice fresh ( 8 oranges)
- 1 cup raspberries unsweetened frozen
- 1.5 cups sparkling wine

### Equipment

- blender

### Directions

- Place orange juice and raspberries in a blender; process until smooth.

- Pour juice mixture into a pitcher; stir in wine.
- Serve over ice.
- Garnish with orange slices, if desired.

## Nutrition Facts

■ **PROTEIN 6.33%**
■ **FAT 4.56%**
■ **CARBS 89.11%**

### Properties

Glycemic Index:13, Glycemic Load:9.05, Inflammation Score:0, Nutrition Score:8.7469565492609%

### Flavonoids

Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Hesperetin: 19.76mg, Hesperetin: 19.76mg, Hesperetin: 19.76mg, Hesperetin: 19.76mg Naringenin: 3.54mg, Naringenin: 3.54mg, Naringenin: 3.54mg, Naringenin: 3.54mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

### Nutrients (% of daily need)

Calories: 113.71kcal (5.69%), Fat: 0.46g (0.71%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 20.26g (6.75%), Net Carbohydrates: 18.63g (6.78%), Sugar: 15.45g (17.17%), Cholesterol: 0mg (0%), Sodium: 5.98mg (0.26%), Alcohol: 3.78g (100%), Alcohol %: 1.96% (100%), Protein: 1.44g (2.88%), Vitamin C: 87.91mg (106.55%), Folate: 54.39µg (13.6%), Potassium: 412.79mg (11.79%), Vitamin B1: 0.16mg (10.35%), Manganese: 0.16mg (7.86%), Magnesium: 28.49mg (7.12%), Vitamin A: 337.27IU (6.75%), Fiber: 1.63g (6.52%), Copper: 0.1mg (4.86%), Vitamin B6: 0.09mg (4.45%), Phosphorus: 42.76mg (4.28%), Vitamin B3: 0.84mg (4.2%), Iron: 0.7mg (3.91%), Vitamin B5: 0.38mg (3.8%), Vitamin B2: 0.06mg (3.71%), Calcium: 28.5mg (2.85%), Vitamin K: 1.73µg (1.64%), Vitamin E: 0.24mg (1.6%), Zinc: 0.21mg (1.43%)