

## Red Sangria



Vegetarian



Gluten Free



Dairy Free

READY IN



200 min.

SERVINGS



16

CALORIES



202 kcal

BEVERAGE

DRINK

## Ingredients

- ☐ 1 apples cored sliced
- ☐ 1 quart club soda to taste
- ☐ 1 lime sliced
- ☐ 1 cranberry-orange relish sliced
- ☐ 1 cup orange juice
- ☐ 0.5 cup liqueur orange flavored
- ☐ 0.5 cup pomegranate juice
- ☐ 1 bottle red wine

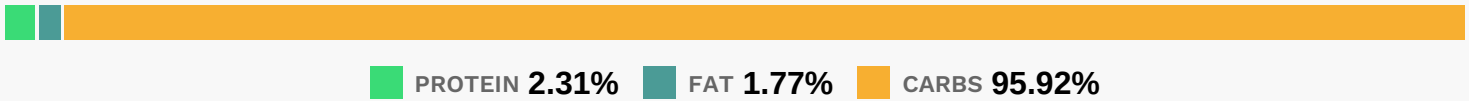
- ☐ 3 cups rum white
- ☐ 3 tablespoons sugar

## Equipment

## Directions

- ☐ Watch how to make this recipe.
- ☐ To a pitcher add orange, lime, apple and cover with red wine, rum, orange liqueur, orange juice, pomegranate juice and stir in sugar. Chill in the refrigerator. When ready to serve top off with club soda, to taste.

## Nutrition Facts



## Properties

Glycemic Index:16.16, Glycemic Load:3.42, Inflammation Score:-4, Nutrition Score:2.2786956779335%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 201.85kcal (10.09%), Fat: 0.1g (0.15%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 11.98g (3.99%), Net Carbohydrates: 11.35g (4.13%), Sugar: 9.72g (10.79%), Cholesterol: 0mg (0%), Sodium: 15.82mg (0.69%), Alcohol: 22.98g (100%), Alcohol %: 14.02% (100%), Protein: 0.29g (0.58%), Vitamin C: 13.86mg (16.79%), Manganese: 0.09mg (4.33%), Potassium: 140.57mg (4.02%), Folate: 10.12µg (2.53%), Magnesium: 10.1mg (2.53%), Fiber: 0.63g (2.5%), Vitamin B6: 0.05mg (2.39%), Vitamin B1: 0.03mg (2.03%), Phosphorus: 19.22mg (1.92%), Copper: 0.04mg (1.81%), Iron: 0.33mg (1.81%), Vitamin B2: 0.03mg (1.74%), Calcium: 14.63mg (1.46%), Vitamin K: 1.29µg (1.23%), Vitamin A: 58.6IU (1.17%), Vitamin B3: 0.23mg (1.16%), Zinc: 0.17mg (1.15%), Vitamin B5: 0.1mg (1.02%)