



Red Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



622 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 cups brandy
- ☐ 4 cups fruit fresh firm prepared sliced
- ☐ 12 servings fruit fresh soft prepared sliced
- ☐ 1 gallon wine dry red such as cabernet sauvignon
- ☐ 1 optional: lemon thinly sliced
- ☐ 2 bunches optional: lemon washed and stemmed (2 cups)
- ☐ 1 lime thinly sliced
- ☐ 1.5 cups orange liqueur such as cointreau or triple sec

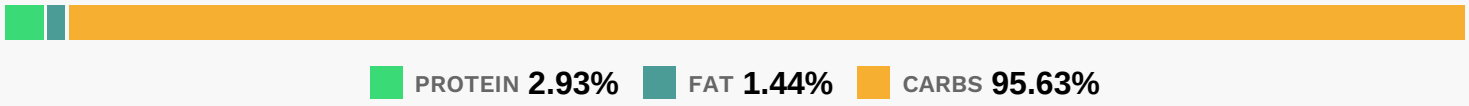
- ☐ 2 cranberry–orange relish thinly sliced
- ☐ 12 servings sparkling wine

Equipment

Directions

- ☐ Combine citrus slices and other firm fruits in a large, nonreactive container.
- ☐ Add wine, liqueur, brandy, and lemon verbena. Cover and refrigerate overnight (or up to 3 days). When ready to serve, put some soft fruits into each wine glass and fill two–thirds full with the Sangria. Top off with a splash of club soda.

Nutrition Facts



Properties

Glycemic Index:11.71, Glycemic Load:1.16, Inflammation Score:–9, Nutrition Score:6.0569565348003%

Flavonoids

Petunidin: 10.47mg, Petunidin: 10.47mg, Petunidin: 10.47mg, Petunidin: 10.47mg Delphinidin: 13.19mg, Delphinidin: 13.19mg, Delphinidin: 13.19mg, Delphinidin: 13.19mg Malvidin: 82.77mg, Malvidin: 82.77mg, Malvidin: 82.77mg, Malvidin: 82.77mg Peonidin: 5.84mg, Peonidin: 5.84mg, Peonidin: 5.84mg, Peonidin: 5.84mg Catechin: 24.29mg, Catechin: 24.29mg, Catechin: 24.29mg, Catechin: 24.29mg Epicatechin: 33.63mg, Epicatechin: 33.63mg, Epicatechin: 33.63mg, Epicatechin: 33.63mg Eriodictyol: 1.96mg, Eriodictyol: 1.96mg, Eriodictyol: 1.96mg, Eriodictyol: 1.96mg Hesperetin: 10.91mg, Hesperetin: 10.91mg, Hesperetin: 10.91mg, Hesperetin: 10.91mg Naringenin: 3.59mg, Naringenin: 3.59mg, Naringenin: 3.59mg, Naringenin: 3.59mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 621.67kcal (31.08%), Fat: 0.35g (0.54%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 52.38g (17.46%), Net Carbohydrates: 48.29g (17.56%), Sugar: 35.78g (39.76%), Cholesterol: 0mg (0%), Sodium: 23.19mg (1.01%), Alcohol: 60.28g (100%), Alcohol %: 10.09% (100%), Caffeine: 7.67mg (2.56%), Protein: 1.61g (3.22%), Vitamin C: 22.44mg (27.2%), Fiber: 4.1g (16.39%), Vitamin A: 650.38IU (13.01%), Potassium: 373.33mg (10.67%), Copper: 0.2mg (9.97%), Vitamin K: 9.12µg (8.68%), Iron: 1.34mg (7.47%), Magnesium: 28.81mg (7.2%), Phosphorus: 54.4mg (5.44%),

Vitamin B3: 1.05mg (5.25%), Vitamin B2: 0.08mg (4.62%), Vitamin B6: 0.08mg (4.22%), Calcium: 36.45mg (3.64%), Manganese: 0.07mg (3.62%), Vitamin B1: 0.05mg (3.4%), Folate: 13.44µg (3.36%), Zinc: 0.34mg (2.29%), Vitamin B5: 0.17mg (1.65%)