



Red Wine-Blueberry-Peach Sangria

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



250 min.

SERVINGS



4

CALORIES



515 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup blueberries fresh
- 0.3 cup brandy
- 1 bottle red wine fruity dry
- 1 cranberry-orange relish thinly sliced
- 1 peaches pitted thinly sliced
- 1 cup simple syrup glaze (equal parts water and sugar heated until sugar dissolves: cool)
- 0.3 cup triple sec

Equipment

potato masher

Directions

Combine the blueberries and simple syrup in a pitcher and lightly muddle them with a potato masher.

Add the wine, Triple Sec, brandy, and orange and peach slices. Cover the pitcher and refrigerate for at least 4 hours or up to 24 hours.

Nutrition Facts

PROTEIN 1.24% **FAT 0.8%** **CARBS 97.96%**

Properties

Glycemic Index:34.44, Glycemic Load:4.4, Inflammation Score:-8, Nutrition Score:5.6604347591815%

Flavonoids

Cyanidin: 3.85mg, Cyanidin: 3.85mg, Cyanidin: 3.85mg, Cyanidin: 3.85mg Petunidin: 17.89mg, Petunidin: 17.89mg, Petunidin: 17.89mg, Petunidin: 17.89mg Delphinidin: 20.95mg, Delphinidin: 20.95mg, Delphinidin: 20.95mg, Delphinidin: 20.95mg Malvidin: 74.21mg, Malvidin: 74.21mg, Malvidin: 74.21mg, Malvidin: 74.21mg Peonidin: 10.98mg, Peonidin: 10.98mg, Peonidin: 10.98mg, Peonidin: 10.98mg Catechin: 18.24mg, Catechin: 18.24mg, Catechin: 18.24mg, Catechin: 18.24mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 21.09mg, Epicatechin: 21.09mg, Epicatechin: 21.09mg, Epicatechin: 21.09mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 514.57kcal (25.73%), Fat: 0.31g (0.47%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 84.26g (28.09%), Net Carbohydrates: 82.03g (29.83%), Sugar: 76.31g (84.79%), Cholesterol: 0mg (0%), Sodium: 55.44mg (2.41%), Alcohol: 28.53g (100%), Alcohol %: 8.85% (100%), Caffeine: 3.84mg (1.28%), Protein: 1.07g (2.14%), Vitamin C: 22.55mg (27.33%), Iron: 3.31mg (18.4%), Vitamin B1: 0.16mg (10.81%), Fiber: 2.24g (8.95%), Manganese: 0.16mg (8.03%), Vitamin K: 8.27µg (7.87%), Potassium: 191.32mg (5.47%), Vitamin B2: 0.09mg (5.46%), Copper: 0.09mg (4.55%), Magnesium: 17.36mg (4.34%), Vitamin A: 215.92IU (4.32%), Vitamin E: 0.54mg (3.62%), Folate: 14.3µg (3.57%), Vitamin B3: 0.66mg (3.28%), Calcium: 27.92mg (2.79%), Phosphorus: 25.5mg (2.55%), Vitamin B6: 0.05mg

(2.42%), Selenium: 1.62µg (2.32%), Zinc: 0.34mg (2.26%), Vitamin B5: 0.19mg (1.85%)