



Red Wine Sangria

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



1455 min.

SERVINGS



8

CALORIES



283 kcal

BEVERAGE

DRINK

Ingredients

- 1 slices apples
- 8 servings blackberries
- 1 cup brandy
- 1 slices cranberry–orange relish
- 1 cup orange juice
- 1 cup pomegranate juice
- 8 servings pomegranate seeds
- 0.5 cup simple syrup glaze cooled to taste (equal parts sugar and water, heated until sugar dissolves,)

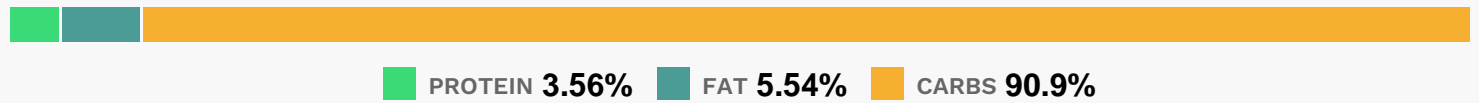
- 0.5 cup triple sec
- 2 bottles red table wine spanish

Equipment

Directions

- Mix all ingredients together and let stand in a tightly sealed container or pitcher for at least 24 hours in the refrigerator before serving.

Nutrition Facts



Properties

Glycemic Index:31.06, Glycemic Load:10.79, Inflammation Score:-4, Nutrition Score:6.8917391041051%

Flavonoids

Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg 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: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 1.15mg, Epicatechin: 1.15mg, Epicatechin: 1.15mg, Epicatechin: 1.15mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 4.18mg, Hesperetin: 4.18mg, Hesperetin: 4.18mg, Hesperetin: 4.18mg Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 282.91kcal (14.15%), Fat: 1.24g (1.91%), Saturated Fat: 0.16g (0.97%), Carbohydrates: 45.91g (15.3%), Net Carbohydrates: 41.92g (15.24%), Sugar: 40.24g (44.71%), Cholesterol: 0mg (0%), Sodium: 19.57mg (0.85%), Alcohol: 13.88g (100%), Alcohol %: 7.6% (100%), Caffeine: 3.84mg (1.28%), Protein: 1.8g (3.59%), Vitamin C: 26.17mg (31.72%), Vitamin K: 18.03µg (17.18%), Fiber: 4g (15.98%), Folate: 51.02µg (12.75%), Potassium: 371.91mg (10.63%), Copper: 0.18mg (9.01%), Vitamin B1: 0.12mg (8.31%), Manganese: 0.16mg (7.87%), Iron: 1.16mg (6.44%), Magnesium: 19.66mg

(4.92%), Vitamin B5: 0.49mg (4.91%), Vitamin B6: 0.1mg (4.87%), Vitamin B2: 0.08mg (4.72%), Vitamin E: 0.69mg (4.61%), Phosphorus: 45.81mg (4.58%), Zinc: 0.42mg (2.78%), Vitamin B3: 0.52mg (2.61%), Calcium: 20.25mg (2.02%), Vitamin A: 75.44IU (1.51%), Selenium: 0.76µg (1.09%)