

Red Wine Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



173 kcal

BEVERAGE

DRINK

Ingredients

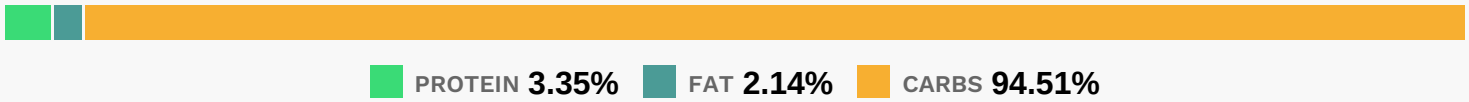
- ☐ 0.5 pint plump blackberries
- ☐ 2 tablespoons brandy
- ☐ 1 cup club soda
- ☐ 2 cups pink lemonade kool-aid
- ☐ 1 navel oranges thinly sliced
- ☐ 2 tablespoons sugar
- ☐ 1 bottle rioja

Equipment

Directions

- ☐ Combine bottle of wine, lemonade, sugar, and brandy (if using) in a large pitcher and stir to dissolve sugar.
- ☐ Add fruit and pour in club soda. Refrigerate for 1 hour or more before serving to allow fruit to macerate and sweeten sangria.
- ☐ Serve in tall glasses filled with ice.

Nutrition Facts



Properties

Glycemic Index:27.08, Glycemic Load:8.69, Inflammation Score:-6, Nutrition Score:4.7682608936144%

Flavonoids

Cyanidin: 33.99mg, Cyanidin: 33.99mg, Cyanidin: 33.99mg, Cyanidin: 33.99mg Petunidin: 2.12mg, Petunidin: 2.12mg, Petunidin: 2.12mg Delphinidin: 2.15mg, Delphinidin: 2.15mg, Delphinidin: 2.15mg, Delphinidin: 2.15mg Malvidin: 14.83mg, Malvidin: 14.83mg, Malvidin: 14.83mg, Malvidin: 14.83mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 1.41mg, Peonidin: 1.41mg, Peonidin: 1.41mg, Peonidin: 1.41mg Catechin: 20.18mg, Catechin: 20.18mg, Catechin: 20.18mg, Catechin: 20.18mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 5.64mg, Epicatechin: 5.64mg, Epicatechin: 5.64mg, Epicatechin: 5.64mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Hesperetin: 5.05mg, Hesperetin: 5.05mg, Hesperetin: 5.05mg, Hesperetin: 5.05mg Naringenin: 3.32mg, Naringenin: 3.32mg, Naringenin: 3.32mg, Naringenin: 3.32mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 172.7kcal (8.64%), Fat: 0.21g (0.32%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 20.52g (6.84%), Net Carbohydrates: 18.29g (6.65%), Sugar: 15.41g (17.12%), Cholesterol: 0mg (0%), Sodium: 16.27mg (0.71%), Alcohol: 12.79g (100%), Alcohol %: 6.01% (100%), Protein: 0.73g (1.45%), Vitamin C: 18.92mg (22.93%), Manganese: 0.37mg (18.34%), Fiber: 2.23g (8.93%), Vitamin K: 7.12µg (6.78%), Potassium: 224.85mg (6.42%), Magnesium: 22.15mg

(5.54%), Vitamin B6: 0.09mg (4.35%), Iron: 0.74mg (4.08%), Folate: 16.32µg (4.08%), Copper: 0.08mg (3.93%), Phosphorus: 36.85mg (3.68%), Vitamin B2: 0.05mg (3.12%), Calcium: 28.7mg (2.87%), Vitamin E: 0.43mg (2.84%), Vitamin B3: 0.54mg (2.72%), Zinc: 0.38mg (2.54%), Vitamin A: 123.87IU (2.48%), Vitamin B5: 0.18mg (1.78%), Vitamin B1: 0.03mg (1.73%)