



Refreshing red wine cooler



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



8

CALORIES



119 kcal

BEVERAGE

DRINK

Ingredients

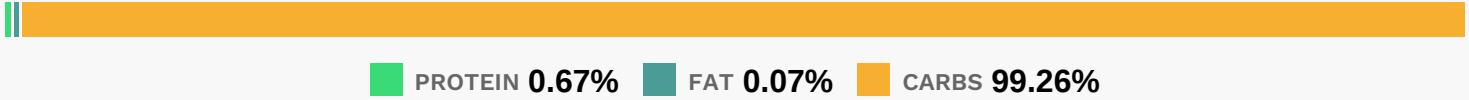
- ☐ 750 ml red wine fruity good (Rioja is)
- ☐ 600 ml pink lemonade kool-aid
- ☐ 1 slices optional: lemon
- ☐ 1 sprigs mint leaves

Equipment

Directions

- ☐
- Stir together red wine and lemonade.
- ☐
- Pour into glasses with lemon slices and sprigs of mint.

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:6.51, Inflammation Score:-4, Nutrition Score:1.2104347967745%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Petunidin: 1.88mg, Petunidin: 1.88mg, Petunidin: 1.88mg, Petunidin: 1.88mg Delphinidin: 1.91mg, Delphinidin: 1.91mg, Delphinidin: 1.91mg, Delphinidin: 1.91mg Malvidin: 13.16mg, Malvidin: 13.16mg, Malvidin: 13.16mg, Malvidin: 13.16mg Peonidin: 1.19mg, Peonidin: 1.19mg, Peonidin: 1.19mg, Peonidin: 1.19mg Catechin: 6.79mg, Catechin: 6.79mg, Catechin: 6.79mg, Catechin: 6.79mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 3.6mg, Epicatechin: 3.6mg, Epicatechin: 3.6mg, Epicatechin: 3.6mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg Naringenin: 1.69mg, Naringenin: 1.69mg, Naringenin: 1.69mg, Naringenin: 1.69mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 119.12kcal (5.96%), Fat: 0g (0.01%), Saturated Fat: 0g (0%), Carbohydrates: 12.07g (4.02%), Net Carbohydrates: 12.03g (4.38%), Sugar: 9.46g (10.51%), Cholesterol: 0mg (0%), Sodium: 8.6mg (0.37%), Alcohol: 10.08g (100%), Alcohol %: 7.48% (100%), Protein: 0.08g (0.16%), Manganese: 0.13mg (6.36%), Potassium: 122.7mg (3.51%), Magnesium: 11.58mg (2.9%), Vitamin B6: 0.06mg (2.75%), Iron: 0.45mg (2.49%), Phosphorus: 22.1mg (2.21%), Vitamin B2: 0.03mg (1.76%), Vitamin B3: 0.22mg (1.08%)