



Rose and Summer Fruit Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



228 kcal

BEVERAGE

DRINK

Ingredients

- 2 apricots sliced thin
- 1.5 cups brandy
- 10 servings ice cubes
- 1 optional: lemon thinly sliced
- 1 lime thinly sliced
- 0.8 cup orange liqueur (recommended: Grand Marnier)
- 2 peaches sliced thin
- 2 plums sliced thin

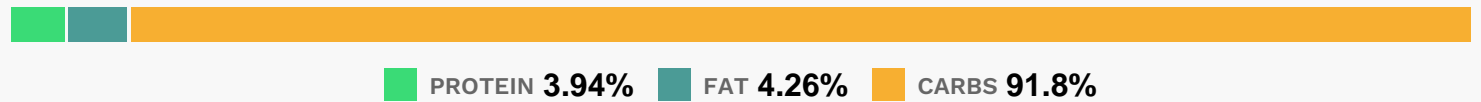
- 1 pint raspberries
- 0.5 cup sugar
- 3 bottles rosé wine

Equipment

Directions

- In a large pitcher, combine the wine, brandy, and orange liqueur.
- Pour in sugar, stir or shake the pitcher thoroughly to mix.
- Add all fruit at once. Allow the mixture to sit for 1 hour before serving to allow the fruit flavor to come through.
- Serve in glasses filled with ice.

Nutrition Facts



Properties

Glycemic Index:30.42, Glycemic Load:9.81, Inflammation Score:-5, Nutrition Score:5.4091305007105%

Flavonoids

Cyanidin: 22.98mg, Cyanidin: 22.98mg, Cyanidin: 22.98mg, Cyanidin: 22.98mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 2.73mg, Catechin: 2.73mg, Catechin: 2.73mg, Catechin: 2.73mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 3.12mg, Epicatechin: 3.12mg, Epicatechin: 3.12mg, Epicatechin: 3.12mg Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg Hesperetin: 5.89mg, Hesperetin: 5.89mg, Hesperetin: 5.89mg, Hesperetin: 5.89mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 228.2kcal (11.41%), Fat: 0.58g (0.9%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 28.32g (9.44%), Net Carbohydrates: 23.98g (8.72%), Sugar: 22.63g (25.14%), Cholesterol: 0mg (0%), Sodium: 9.48mg (0.41%), Alcohol: 16.66g (100%), Alcohol %: 8.98% (100%), Caffeine: 4.6mg (1.53%), Protein: 1.21g (2.43%), Vitamin C: 23.25mg (28.19%), Manganese: 0.36mg (18.08%), Fiber: 4.34g (17.36%), Vitamin A: 299.5IU (5.99%), Copper: 0.11mg (5.58%), Vitamin K: 5.71µg (5.44%), Vitamin E: 0.76mg (5.05%), Potassium: 175.17mg (5%), Magnesium: 16.82mg (4.21%), Folate: 14.75µg (3.69%), Iron: 0.61mg (3.41%), Vitamin B3: 0.68mg (3.38%), Phosphorus: 29.54mg (2.95%), Vitamin B5: 0.27mg (2.71%), Vitamin B6: 0.05mg (2.66%), Vitamin B2: 0.04mg (2.5%), Vitamin B1: 0.04mg (2.49%), Zinc: 0.34mg (2.24%), Calcium: 21.73mg (2.17%), Selenium: 0.92µg (1.31%)