



## Rosé Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



128 kcal

BEVERAGE

DRINK

## Ingredients

- 8 cups ice cubes
- 1 large cranberry-orange relish
- 0.5 cup orange juice fresh ( 2 large oranges)
- 1 cup raspberries fresh
- 750 milliliter sparkling rosé wine chilled
- 1 cup strawberries fresh quartered ( 10)
- 1 tablespoon sugar
- 0.5 cup triple sec orange-flavored ( liqueur)

# Equipment

## Directions

- Cut orange into thin slices; cut each slice into quarters.
- Combine orange, strawberries, and next 4 ingredients (through sugar) in a large pitcher; stir gently until sugar dissolves. Cover and chill at least 1 hour. Stir in wine.
- Place 1 cup ice into each of 8 tall glasses; pour about 3/4 cup sangria over each serving.
- Serve immediately.

## Nutrition Facts



■ PROTEIN 4.38% ■ FAT 3.62% ■ CARBS 92%

## Properties

Glycemic Index:28.82, Glycemic Load:3.41, Inflammation Score:-5, Nutrition Score:4.6769565058791%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 128.37kcal (6.42%), Fat: 0.26g (0.4%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 14.83g (4.94%), Net Carbohydrates: 12.91g (4.7%), Sugar: 12.32g (13.69%), Cholesterol: 0mg (0%), Sodium: 20.06mg (0.87%), Alcohol:

9.82g (100%), Alcohol %: 2.98% (100%), Caffeine: 3.84mg (1.28%), Protein: 0.71g (1.41%), Vitamin C: 34.5mg (41.82%), Manganese: 0.18mg (9.02%), Fiber: 1.92g (7.67%), Potassium: 209.57mg (5.99%), Magnesium: 21.81mg (5.45%), Folate: 19.96µg (4.99%), Copper: 0.09mg (4.67%), Iron: 0.62mg (3.42%), Calcium: 33.21mg (3.32%), Phosphorus: 29.44mg (2.94%), Vitamin B1: 0.04mg (2.91%), Vitamin B6: 0.06mg (2.77%), Vitamin B2: 0.03mg (2.05%), Vitamin B3: 0.4mg (2%), Vitamin A: 89.86IU (1.8%), Vitamin B5: 0.16mg (1.59%), Vitamin E: 0.23mg (1.54%), Vitamin K: 1.58µg (1.51%), Zinc: 0.22mg (1.43%)