



Rose Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



490 min.

SERVINGS



6

CALORIES



214 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup brandy
- 1 slices orange lemon
- 1 cup orange juice fresh
- 0.3 cup simple syrup glaze to taste
- 0.3 cup triple sec
- 1 bottle rosé wine

Equipment

Directions

Combine all ingredients in a large pitcher, cover and refrigerate for at least 8 hours or up to 24 hours. If you do not serve immediately, strain the fruit and add fresh when serving.

Nutrition Facts

PROTEIN 1.78% **FAT 1.17%** **CARBS 97.05%**

Properties

Glycemic Index:17.83, Glycemic Load:2.7, Inflammation Score:-5, Nutrition Score:3.4673913432204%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 213.58kcal (10.68%), Fat: 0.11g (0.17%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 21.15g (7.05%), Net Carbohydrates: 21.06g (7.66%), Sugar: 17.91g (19.9%), Cholesterol: 0mg (0%), Sodium: 15.7mg (0.68%), Alcohol: 18.9g (100%), Alcohol %: 11.95% (100%), Protein: 0.39g (0.78%), Vitamin C: 20.7mg (25.09%), Manganese: 0.17mg (8.27%), Potassium: 218.68mg (6.25%), Iron: 1.06mg (5.9%), Magnesium: 20.03mg (5.01%), Vitamin B6: 0.08mg (4.21%), Vitamin B1: 0.06mg (4.18%), Folate: 13.69µg (3.42%), Phosphorus: 34.18mg (3.42%), Vitamin B2: 0.05mg (3.01%), Vitamin B3: 0.4mg (2.02%), Copper: 0.04mg (1.8%), Vitamin A: 83.02IU (1.66%), Calcium: 16.52mg (1.65%), Zinc: 0.22mg (1.45%), Vitamin B5: 0.13mg (1.25%)