



## Rose Sangria



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



10

CALORIES



477 kcal

BEVERAGE

DRINK

## Ingredients

- 1 slices apples
- 1 pint brandy spanish
- 10 servings clear-colored pitcher filled half-way with ice cubes
- 10 servings grapes
- 1 slices optional: lemon
- 1 slices lime
- 1 pint rum
- 2 liters sprite

1 bottle rosé wine

## Equipment

wooden spoon

## Directions

Measure 3/4 cup rum, 3/4 cup brandy, 2 cups wine, and 2 cups Sprite, and pour all into pitcher over ice and stir with a long wooden spoon. Dice a few pieces of apple, remove a few grapes, both green and purple, from stems and cut in 1/2, and dice a few pieces each of lemon and lime.

Add diced fruit to pitcher and stir once more.

Pour Sangria into tulip glasses.

## Nutrition Facts

 **PROTEIN 2.19%** **FAT 0.92%** **CARBS 96.89%**

## Properties

Glycemic Index:23.28, Glycemic Load:13.71, Inflammation Score:-5, Nutrition Score:4.661739151115%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

## Nutrients (% of daily need)

Calories: 476.95kcal (23.85%), Fat: 0.22g (0.34%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 53.05g (17.68%), Net Carbohydrates: 51.6g (18.76%), Sugar: 47.36g (52.62%), Cholesterol: 0mg (0%), Sodium: 27.58mg (1.2%), Alcohol: 39.41g (100%), Alcohol %: 9.71% (100%), Caffeine: 29.93mg (9.98%), Protein: 1.2g (2.4%), Vitamin K: 18.64µg (17.75%), Manganese: 0.21mg (10.46%), Potassium: 335.78mg (9.59%), Copper: 0.19mg (9.57%), Vitamin B6: 0.16mg (7.84%), Vitamin B2: 0.12mg (6.77%), Vitamin B1: 0.1mg (6.58%), Vitamin C: 5.14mg (6.23%), Fiber: 1.45g (5.8%),

Magnesium: 19.85mg (4.96%), Iron: 0.86mg (4.78%), Phosphorus: 45.7mg (4.57%), Calcium: 24.08mg (2.41%),  
Vitamin B3: 0.42mg (2.12%), Vitamin A: 89.55IU (1.79%), Zinc: 0.26mg (1.76%), Vitamin E: 0.26mg (1.74%), Vitamin  
B5: 0.1mg (1.05%)