



Rose Sangria Spritzer



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



54 kcal

BEVERAGE

DRINK

Ingredients

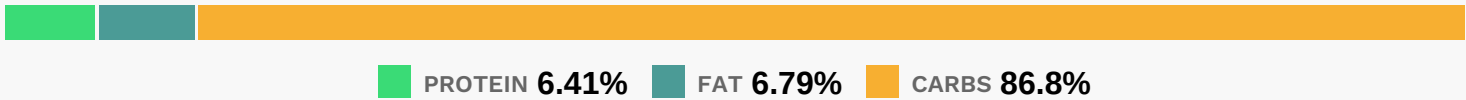
- ☐ 8 servings club soda cold
- ☐ 8 servings mint leaves fresh for garnish
- ☐ 1 apples green thinly sliced
- ☐ 8 servings ice cubes
- ☐ 1 cranberry-orange relish halved thinly sliced
- ☐ 1 pint raspberries fresh
- ☐ 8 servings simple syrup glaze to taste
- ☐ 2 bottles rosé wine cold

Equipment

Directions

- ☐
- Watch how to make this recipe.
- ☐
- Combine wine, apple, orange, raspberries in a pitcher, add simple syrup, to taste. Refrigerate for at least 30 minutes and up to 1 day.
- ☐
- Serve over ice, garnish with mint and top with a few splashes of club soda, if desired.

Nutrition Facts



Properties

Glycemic Index:14.44, Glycemic Load:2.32, Inflammation Score:-4, Nutrition Score:5.3160870256631%

Flavonoids

Cyanidin: 27.43mg, Cyanidin: 27.43mg, Cyanidin: 27.43mg, Cyanidin: 27.43mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 3.8mg, Epicatechin: 3.8mg, Epicatechin: 3.8mg, Epicatechin: 3.8mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 4.56mg, Hesperetin: 4.56mg, Hesperetin: 4.56mg Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 53.88kcal (2.69%), Fat: 0.45g (0.7%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 13g (4.33%), Net Carbohydrates: 8.13g (2.96%), Sugar: 7.25g (8.05%), Cholesterol: 0mg (0%), Sodium: 4.73mg (0.21%), Alcohol: 0.03g (100%), Alcohol %: 0.02% (100%), Protein: 0.96g (1.92%), Vitamin C: 25.57mg (31%), Manganese: 0.42mg (21.02%), Fiber: 4.86g (19.45%), Vitamin K: 5.11µg (4.87%), Folate: 19.16µg (4.79%), Magnesium: 17.28mg (4.32%), Potassium: 149.88mg (4.28%), Copper: 0.08mg (3.96%), Vitamin E: 0.58mg (3.9%), Iron: 0.54mg (3%), Calcium:

27.01mg (2.7%), Vitamin B6: 0.05mg (2.66%), Vitamin B1: 0.04mg (2.61%), Vitamin B5: 0.25mg (2.53%),
Phosphorus: 22.81mg (2.28%), Vitamin B2: 0.04mg (2.25%), Vitamin A: 111.13IU (2.22%), Vitamin B3: 0.44mg (2.2%),
Zinc: 0.29mg (1.93%)