



Rosé Sangria with Pineapple and Guava



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



153 kcal

SIDE DISH

Ingredients

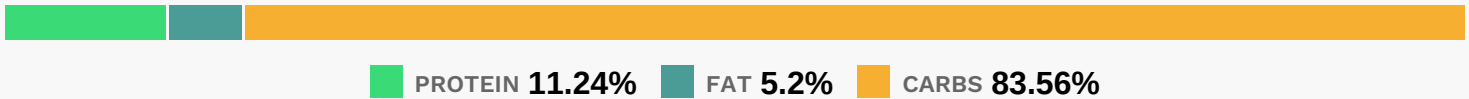
- ☐ 4 cinnamon sticks
- ☐ 23 ounce guava nectar canned
- ☐ 2 cups cubes pineapple fresh
- ☐ 12 servings ice cubes
- ☐ 2 oranges halved thinly sliced
- ☐ 24 ounce pineapple juice canned
- ☐ 750 ml rosé

Equipment

Directions

- ☐ Mix first 5 ingredients in large pitcher. Set 12 orange slices aside for garnish; add remaining orange slices to pitcher. Cover and chill at least 6 hours or overnight.
- ☐ Fill tumblers with ice.
- ☐ Pour sangria over.
- ☐ Garnish with orange slices and serve.

Nutrition Facts



Properties

Glycemic Index: 3.96, Glycemic Load: 0.89, Inflammation Score: -9, Nutrition Score: 12.71086962845%

Flavonoids

Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 152.84kcal (7.64%), Fat: 0.93g (1.43%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 33.58g (11.19%), Net Carbohydrates: 23.07g (8.39%), Sugar: 18.08g (20.09%), Cholesterol: 10.18mg (3.39%), Sodium: 256.31mg (11.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.04%), Vitamin C: 170.62mg (206.81%), Fiber: 10.51g (42.04%), Vitamin A: 1557.68IU (31.15%), Manganese: 0.57mg (28.66%), Vitamin E: 2.06mg (13.76%), Vitamin K: 9.89µg (9.41%), Calcium: 93.85mg (9.39%), Magnesium: 36.73mg (9.18%), Potassium: 279.43mg (7.98%), Copper: 0.13mg (6.53%), Vitamin B1: 0.08mg (5.61%), Vitamin B2: 0.08mg (4.61%), Vitamin B6: 0.09mg (4.42%), Iron: 0.76mg (4.2%), Vitamin B3: 0.77mg (3.87%), Vitamin B5: 0.37mg (3.73%), Folate: 12.09µg (3.02%), Phosphorus: 29.32mg (2.93%), Zinc: 0.2mg (1.33%)