



Sangría

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



185 kcal

BEVERAGE

DRINK

Ingredients

- 3 tablespoons brandy
- 1 cinnamon sticks
- 6 slices optional: lemon
- 6 slices cranberry-orange relish
- 1 peaches cut into 6 wedges
- 3 tablespoons rum white
- 1 cup seltzer water chilled
- 3 tablespoons sugar

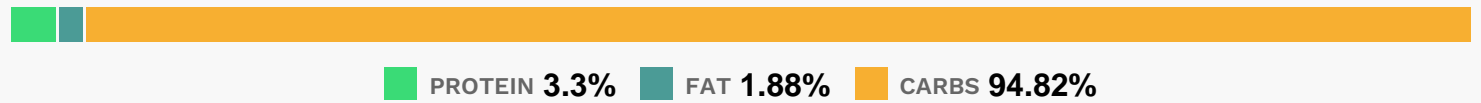
- 3 tablespoons cointreau orange-flavored (liqueur)
- 750 milliliter rioja fruity (such as Beaujolais or Zinfandel)

Equipment

Directions

- Combine all the ingredients except sparkling water in a large pitcher. Chill for 8 hours. Stir in water immediately before serving.

Nutrition Facts



Properties

Glycemic Index:42.64, Glycemic Load:5.51, Inflammation Score:-5, Nutrition Score:1.8173913178237%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 4.24mg, Hesperetin: 4.24mg, Hesperetin: 4.24mg, Hesperetin: 4.24mg Naringenin: 1.32mg, Naringenin: 1.32mg, Naringenin: 1.32mg, Naringenin: 1.32mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 185.39kcal (9.27%), Fat: 0.13g (0.19%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 14.18g (4.73%), Net Carbohydrates: 13.1g (4.76%), Sugar: 9.06g (10.06%), Cholesterol: 0mg (0%), Sodium: 11.94mg (0.52%), Alcohol: 18.85g (100%), Alcohol %: 10.57% (100%), Protein: 0.49g (0.99%), Vitamin C: 9.22mg (11.18%), Manganese: 0.12mg (6.23%), Fiber: 1.08g (4.33%), Vitamin A: 103.65IU (2.07%), Potassium: 59.07mg (1.69%), Copper: 0.03mg (1.69%), Vitamin E: 0.22mg (1.48%), Calcium: 14.05mg (1.41%), Folate: 4.82µg (1.21%), Vitamin B3: 0.24mg (1.21%), Vitamin B1: 0.02mg (1.14%), Iron: 0.2mg (1.09%), Magnesium: 4.14mg (1.04%)