



Sangria



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



51 kcal

BEVERAGE

DRINK

Ingredients

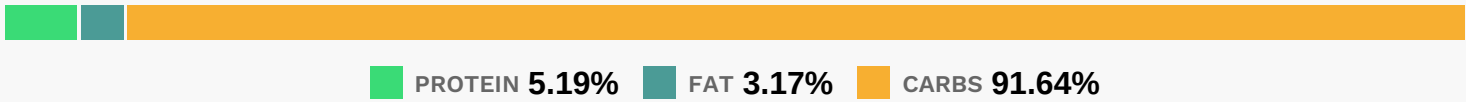
- ☐ 1 cup club soda
- ☐ 1 ounce cherry liqueur
- ☐ 1 peaches thinly sliced
- ☐ 2 cups red wine
- ☐ 0.5 pound strawberries fresh sliced

Equipment

Directions

- ☐ Place fruit in a large, chilled glass pitcher.
- ☐ Add wine and liqueur; stir. Cover and refrigerate for 12 hours.
- ☐ Remove from fridge, and add club soda; stir. Fill 4 glasses halfway with ice cubes; add sangria.
- ☐ Garnish with lime wedge, strawberry, and a mint leaf.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:1.02, Inflammation Score:-3, Nutrition Score:2.1813043485517%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Petunidin: 0.81mg, Petunidin: 0.81mg, Petunidin: 0.81mg Delphinidin: 0.86mg, Delphinidin: 0.86mg, Delphinidin: 0.86mg, Delphinidin: 0.86mg Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg Pelargonidin: 4.7mg, Pelargonidin: 4.7mg, Pelargonidin: 4.7mg Peonidin: 0.51mg, Peonidin: 0.51mg, Peonidin: 0.51mg, Peonidin: 0.51mg Catechin: 3.44mg, Catechin: 3.44mg, Catechin: 3.44mg, Catechin: 3.44mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 3.23mg, Hesperetin: 3.23mg, Hesperetin: 3.23mg, Hesperetin: 3.23mg Naringenin: 2.43mg, Naringenin: 2.43mg, Naringenin: 2.43mg, Naringenin: 2.43mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 51.34kcal (2.57%), Fat: 0.07g (0.11%), Saturated Fat: 0g (0.03%), Carbohydrates: 4.54g (1.51%), Net Carbohydrates: 3.9g (1.42%), Sugar: 2.94g (3.27%), Cholesterol: 0mg (0%), Sodium: 5.93mg (0.26%), Alcohol: 5.19g (100%), Alcohol %: 7.16% (100%), Protein: 0.26g (0.51%), Vitamin C: 16.92mg (20.51%), Manganese: 0.13mg (6.43%), Potassium: 99.87mg (2.85%), Fiber: 0.64g (2.56%), Magnesium: 8.55mg (2.14%), Folate: 8.21µg (2.05%), Vitamin B6: 0.04mg (1.91%), Phosphorus: 15.26mg (1.53%), Iron: 0.27mg (1.52%), Vitamin B2: 0.02mg (1.23%), Calcium: 11.58mg

(1.16%), Vitamin B1: 0.02mg (1.07%)