

Sangría

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

12

CALORIES

calories

93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

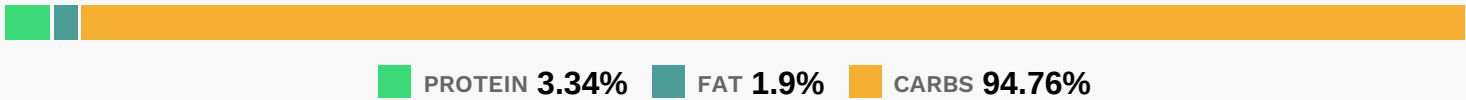
- ☐ 2 sticks cinnamon 3-inch
- ☐ 2 cups club soda
- ☐ 1 optional: lemon seeded thinly sliced
- ☐ 750 milliliter merlot dry red
- ☐ 1 cranberry-orange relish seeded thinly sliced
- ☐ 1 cup orange juice fresh 2 oranges
- ☐ 1 orange rind strip
- ☐ 0.3 cup sugar

Equipment

Directions

- ☐
- Combine the first 3 ingredients in a large pitcher, stirring mixture until the sugar dissolves.
- ☐
- Press cloves into the rind strip.
- ☐
- Add strip, cinnamon, and fruit to wine mixture. Chill for at least 30 minutes. Stir in club soda just before serving.

Nutrition Facts



Properties

Glycemic Index:16.26, Glycemic Load:5.57, Inflammation Score:-4, Nutrition Score:2.4356522015903%

Flavonoids

Petunidin: 2.1mg, Petunidin: 2.1mg, Petunidin: 2.1mg, Petunidin: 2.1mg Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg Malvidin: 16.64mg, Malvidin: 16.64mg, Malvidin: 16.64mg, Malvidin: 16.64mg Peonidin: 1.17mg, Peonidin: 1.17mg, Peonidin: 1.17mg, Peonidin: 1.17mg Catechin: 4.88mg, Catechin: 4.88mg, Catechin: 4.88mg, Catechin: 4.88mg Epicatechin: 6.76mg, Epicatechin: 6.76mg, Epicatechin: 6.76mg, Epicatechin: 6.76mg Eriodictyol: 1.96mg, Eriodictyol: 1.96mg, Eriodictyol: 1.96mg, Eriodictyol: 1.96mg Hesperetin: 7.96mg, Hesperetin: 7.96mg, Hesperetin: 7.96mg, Hesperetin: 7.96mg Naringenin: 2.16mg, Naringenin: 2.16mg, Naringenin: 2.16mg, Naringenin: 2.16mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 93.46kcal (4.67%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 12.18g (4.06%), Net Carbohydrates: 11.21g (4.08%), Sugar: 8.54g (9.49%), Cholesterol: 0mg (0%), Sodium: 8.81mg (0.38%), Alcohol: 6.66g (100%), Alcohol %: 5.6% (100%), Protein: 0.43g (0.86%), Vitamin C: 22.29mg (27.02%), Manganese: 0.11mg (5.54%), Fiber: 0.97g (3.88%), Folate: 10.8µg (2.7%), Potassium: 79.05mg (2.26%), Vitamin B1: 0.03mg (2.2%), Calcium: 18.46mg (1.85%), Vitamin A: 73.8IU (1.48%), Magnesium: 5.05mg (1.26%), Vitamin B6: 0.02mg (1.23%), Copper: 0.02mg (1.15%)