



Sangria

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



16

CALORIES



117 kcal

BEVERAGE

DRINK

Ingredients


- 0.5 cup brandy
- 0.8 quart wine dry red chilled
- 2 cups ginger ale chilled
- 6 ounces lemonade concentrate frozen thawed canned
- 1 slices cranberry-orange relish
- 0.3 cup orange juice
- 0.5 cup pear liqueur orange-flavored

Equipment

Directions

- Mix all ingredients except ginger ale and orange slices in a 3-quart pitcher. Refrigerate until chilled. Just before serving, stir in ginger ale.
- Garnish with orange slices.

Nutrition Facts

 **PROTEIN 0.78%**  **FAT 1.49%**  **CARBS 97.73%**

Properties

Glycemic Index:10.78, Glycemic Load:1.94, Inflammation Score:-3, Nutrition Score:0.48043478531358%

Flavonoids

Petunidin: 1.57mg, Petunidin: 1.57mg, Petunidin: 1.57mg, Petunidin: 1.57mg Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg Malvidin: 12.42mg, Malvidin: 12.42mg, Malvidin: 12.42mg, Malvidin: 12.42mg Peonidin: 0.88mg, Peonidin: 0.88mg, Peonidin: 0.88mg, Peonidin: 0.88mg Catechin: 3.64mg, Catechin: 3.64mg, Catechin: 3.64mg, Catechin: 3.64mg Epicatechin: 5.04mg, Epicatechin: 5.04mg, Epicatechin: 5.04mg, Epicatechin: 5.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 117.4kcal (5.87%), Fat: 0.09g (0.13%), Saturated Fat: 0g (0.03%), Carbohydrates: 12.66g (4.22%), Net Carbohydrates: 12.6g (4.58%), Sugar: 10.75g (11.94%), Cholesterol: 0mg (0%), Sodium: 2.94mg (0.13%), Alcohol: 10.46g (100%), Alcohol %: 12.23% (100%), Protein: 0.1g (0.2%), Vitamin C: 4.44mg (5.38%)