



# Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



126 kcal

BEVERAGE

DRINK

## Ingredients

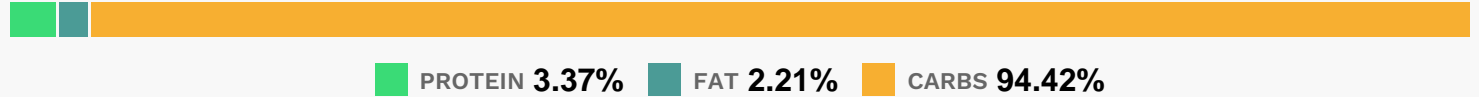
- 0.7 cup juice of lemon
- 0.3 cup orange juice
- 0.3 cup sugar
- 1 optional: lemon cut into thin slices
- 1 cranberry–orange relish cut into thin slices
- 750 ml red wine dry red

## Equipment

# Directions

- In half-gallon glass pitcher, mix juices and sugar until sugar is dissolved.
- Add lemon and orange slices to pitcher.
- Stir wine into juice mixture.
- Add ice if desired.

# Nutrition Facts



# Properties

Glycemic Index:25.64, Glycemic Load:6.16, Inflammation Score:-5, Nutrition Score:3.7160869007525%

# Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Petunidin: 1.88mg, Petunidin: 1.88mg, Petunidin: 1.88mg, Petunidin: 1.88mg Delphinidin: 1.91mg, Delphinidin: 1.91mg, Delphinidin: 1.91mg, Delphinidin: 1.91mg Malvidin: 13.16mg, Malvidin: 13.16mg, Malvidin: 13.16mg, Malvidin: 13.16mg Peonidin: 1.19mg, Peonidin: 1.19mg, Peonidin: 1.19mg, Peonidin: 1.19mg Catechin: 6.79mg, Catechin: 6.79mg, Catechin: 6.79mg, Catechin: 6.79mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 3.6mg, Epicatechin: 3.6mg, Epicatechin: 3.6mg, Epicatechin: 3.6mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 3.89mg, Eriodictyol: 3.89mg, Eriodictyol: 3.89mg, Eriodictyol: 3.89mg Hesperetin: 13mg, Hesperetin: 13mg, Hesperetin: 13mg, Hesperetin: 13mg Naringenin: 4.77mg, Naringenin: 4.77mg, Naringenin: 4.77mg, Naringenin: 4.77mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

# Nutrients (% of daily need)

Calories: 125.63kcal (6.28%), Fat: 0.15g (0.23%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 14.38g (4.79%), Net Carbohydrates: 13.52g (4.92%), Sugar: 10.08g (11.2%), Cholesterol: 0mg (0%), Sodium: 4.44mg (0.19%), Alcohol: 10.08g (100%), Alcohol %: 7.89% (100%), Protein: 0.51g (1.02%), Vitamin C: 28.9mg (35.03%), Manganese: 0.14mg (6.89%), Potassium: 210.78mg (6.02%), Vitamin B6: 0.09mg (4.42%), Magnesium: 16.49mg (4.12%), Folate: 14.52µg (3.63%), Fiber: 0.85g (3.41%), Iron: 0.57mg (3.19%), Phosphorus: 29.71mg (2.97%), Vitamin B2: 0.05mg (2.71%), Vitamin B1: 0.04mg (2.57%), Calcium: 20.09mg (2.01%), Vitamin B3: 0.33mg (1.66%), Copper: 0.03mg (1.55%), Vitamin B5: 0.14mg (1.41%), Vitamin A: 63.6IU (1.27%), Zinc: 0.17mg (1.12%)