



## Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



346 kcal

BEVERAGE

DRINK

## Ingredients

- ☐ 1 apples
- ☐ 0.5 ounce brandy
- ☐ 1 ounce seltzer water
- ☐ 3.5 ounces red wine such as rioja
- ☐ 1 cup ice cubes
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 1 cranberry-orange relish
- ☐ 1 ounce orange juice freshly squeezed

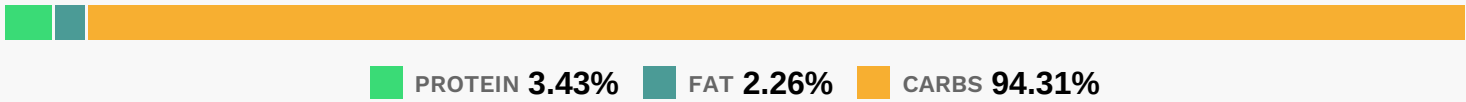
- ☐ 0.5 ounce orange liqueur such as triple sec
- ☐ 1 teaspoon sugar

## Equipment

## Directions

- ☐ In large wine glass, stir together brandy, orange liqueur, orange juice, lemon juice, and wine.
- ☐ Add ice, top with club soda, and stir briefly. Taste and stir in sugar, if desired. Tuck apple and orange slices into top of glass and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:226.59, Glycemic Load:16.56, Inflammation Score:-8, Nutrition Score:11.948695623356%

## Flavonoids

Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg Petunidin: 1.96mg, Petunidin: 1.96mg, Petunidin: 1.96mg, Petunidin: 1.96mg Delphinidin: 1.99mg, Delphinidin: 1.99mg, Delphinidin: 1.99mg, Delphinidin: 1.99mg Malvidin: 13.73mg, Malvidin: 13.73mg, Malvidin: 13.73mg, Malvidin: 13.73mg Peonidin: 1.28mg, Peonidin: 1.28mg, Peonidin: 1.28mg Catechin: 9.45mg, Catechin: 9.45mg, Catechin: 9.45mg, Catechin: 9.45mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 17.47mg, Epicatechin: 17.47mg, Epicatechin: 17.47mg, Epicatechin: 17.47mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 40.07mg, Hesperetin: 40.07mg, Hesperetin: 40.07mg, Hesperetin: 40.07mg Naringenin: 22.47mg, Naringenin: 22.47mg, Naringenin: 22.47mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 9mg, Quercetin: 9mg, Quercetin: 9mg, Quercetin: 9mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

## Nutrients (% of daily need)

Calories: 345.66kcal (17.28%), Fat: 0.58g (0.9%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 54.83g (18.28%), Net Carbohydrates: 47.26g (17.18%), Sugar: 42.79g (47.55%), Cholesterol: 0mg (0%), Sodium: 25.2mg (1.1%),

Alcohol: 18.94g (100%), Alcohol %: 3.24% (100%), Caffeine: 3.69mg (1.23%), Protein: 2g (3.99%), Vitamin C: 93.21mg (112.98%), Fiber: 7.58g (30.3%), Potassium: 622.32mg (17.78%), Folate: 54.76µg (13.69%), Manganese: 0.24mg (11.85%), Vitamin B1: 0.18mg (11.83%), Vitamin B6: 0.22mg (11.12%), Magnesium: 40.45mg (10.11%), Vitamin A: 451.86IU (9.04%), Copper: 0.18mg (9.02%), Vitamin B2: 0.14mg (8.38%), Calcium: 83.22mg (8.32%), Phosphorus: 67.62mg (6.76%), Vitamin B5: 0.53mg (5.25%), Iron: 0.88mg (4.91%), Vitamin B3: 0.9mg (4.48%), Vitamin K: 4.43µg (4.22%), Vitamin E: 0.58mg (3.86%), Zinc: 0.38mg (2.54%), Selenium: 0.95µg (1.36%)