



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

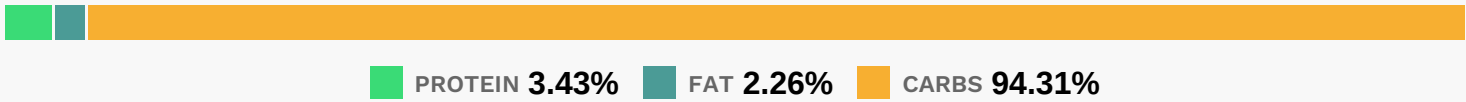
- ☐ 0.5 ounce orange liqueur such as triple sec
- ☐ 1 teaspoon sugar

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%)