



Sangría



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



208 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

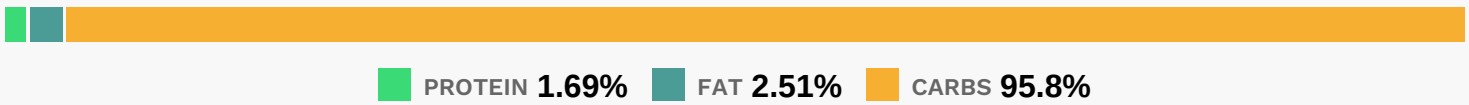
- ☐ 8.4 ounce sparkling apple cider chilled (such as Martinelli's)
- ☐ 1 large lime halved
- ☐ 1.3 cups merlot chilled
- ☐ 1 navel oranges halved
- ☐ 1.3 cups pomegranate juice chilled
- ☐ 0.3 cup sugar

Equipment

Directions

- ☐ Squeeze juice from half of orange and half of lime to measure 2 tablespoons and 1 tablespoon, respectively.
- ☐ Cut remaining orange and lime halves into thin slices.
- ☐ Combine citrus juices, wine, pomegranate juice, and sugar in a pitcher, stirring until sugar dissolves. Slowly add sparkling cider, stirring gently.
- ☐ Add citrus slices; serve immediately.

Nutrition Facts



Properties

Glycemic Index:39.46, Glycemic Load:12.13, Inflammation Score:-5, Nutrition Score:5.5334782237592%

Flavonoids

Cyanidin: 2mg, Cyanidin: 2mg, Cyanidin: 2mg, Cyanidin: 2mg Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Hesperetin: 14.86mg, Hesperetin: 14.86mg, Hesperetin: 14.86mg, Hesperetin: 14.86mg Naringenin: 3.05mg, Naringenin: 3.05mg, Naringenin: 3.05mg, Naringenin: 3.05mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 207.8kcal (10.39%), Fat: 0.44g (0.68%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 38.17g (12.72%), Net Carbohydrates: 36.73g (13.36%), Sugar: 32.41g (36.01%), Cholesterol: 0mg (0%), Sodium: 13.81mg (0.6%), Alcohol: 8.34g (100%), Alcohol %: 3.7% (100%), Protein: 0.67g (1.35%), Vitamin C: 26.18mg (31.73%), Manganese: 0.24mg (11.94%), Potassium: 413.09mg (11.8%), Folate: 33.95µg (8.49%), Vitamin K: 8.73µg (8.32%), Vitamin B6: 0.12mg (6.18%), Magnesium: 23.08mg (5.77%), Fiber: 1.44g (5.76%), Phosphorus: 42.46mg (4.25%), Vitamin B5: 0.42mg (4.17%), Vitamin B2: 0.07mg (4.15%), Calcium: 40.89mg (4.09%), Vitamin B1: 0.06mg (3.85%), Iron: 0.67mg (3.71%), Vitamin B3: 0.6mg (2.98%), Copper: 0.06mg (2.93%), Vitamin E: 0.41mg (2.74%), Vitamin A: 95.42IU (1.91%), Zinc: 0.24mg (1.63%)