



Sangría



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



139 kcal

Ingredients

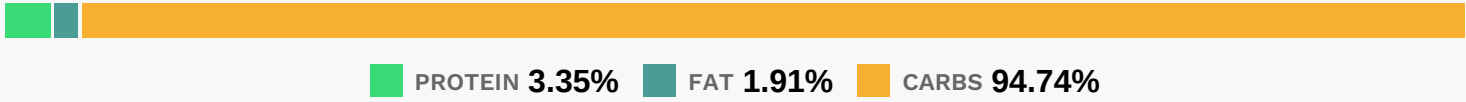
- ☐ 2 sticks cinnamon sticks (3-inch)
- ☐ 2 cups club soda
- ☐ 1 optional: lemon seeded thinly sliced
- ☐ 750 milliliter merlot dry red
- ☐ 1 cranberry-orange relish seeded thinly sliced
- ☐ 1 cup orange juice fresh (2 oranges)
- ☐ 1 orange rind ()
- ☐ 0.3 cup sugar

Equipment

Directions

- ☐ Combine the first 3 ingredients in a large pitcher, stirring mixture until the sugar dissolves.
- ☐ Press cloves into the rind strip.
- ☐ Add strip, cinnamon, and fruit to wine mixture. Chill for at least 30 minutes. Stir in club soda just before serving.

Nutrition Facts



Properties

Glycemic Index:26.26, Glycemic Load:8.7, Inflammation Score:0, Nutrition Score:4.7639129667178%

Flavonoids

Eriodictyol: 2.94mg, Eriodictyol: 2.94mg, Eriodictyol: 2.94mg, Eriodictyol: 2.94mg Hesperetin: 11.93mg, Hesperetin: 11.93mg, Hesperetin: 11.93mg, Hesperetin: 11.93mg Naringenin: 3.25mg, Naringenin: 3.25mg, Naringenin: 3.25mg, Naringenin: 3.25mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 138.88kcal (6.94%), Fat: 0.16g (0.25%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 18.14g (6.05%), Net Carbohydrates: 16.69g (6.07%), Sugar: 13.39g (14.88%), Cholesterol: 0mg (0%), Sodium: 16.96mg (0.74%), Alcohol: 9.91g (100%), Alcohol %: 5.6% (100%), Protein: 0.64g (1.28%), Vitamin C: 33.44mg (40.53%), Manganese: 0.29mg (14.48%), Potassium: 237.34mg (6.78%), Fiber: 1.46g (5.83%), Magnesium: 18.8mg (4.7%), Vitamin B6: 0.09mg (4.52%), Folate: 17.14µg (4.28%), Iron: 0.68mg (3.8%), Vitamin B1: 0.05mg (3.61%), Calcium: 35.17mg (3.52%), Phosphorus: 32.11mg (3.21%), Vitamin B2: 0.05mg (2.99%), Copper: 0.04mg (2.24%), Vitamin A: 110.69IU (2.21%), Vitamin B3: 0.42mg (2.09%), Zinc: 0.25mg (1.64%), Vitamin B5: 0.16mg (1.64%)