



Sangria a la Nesto



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



495 min.

SERVINGS



8

CALORIES



199 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup brandy
- ☐ 2 cups club soda
- ☐ 750 milliliter cooking wine dry red
- ☐ 1 optional: lemon peeled sliced into rounds
- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup lemonade concentrate frozen
- ☐ 1 lime peeled sliced into rounds
- ☐ 1 cranberry-orange relish peeled sliced into rounds

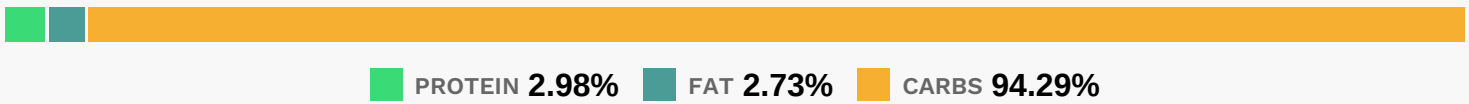
- ☐ 0.3 cup orange juice
- ☐ 0.5 cup triple sec

Equipment

Directions

- ☐ Mix red wine, brandy, triple sec, lemonade concentrate, orange juice, lemon juice, orange, lemon, and lime in a large pitcher. Refrigerate 8 hours or overnight.
- ☐ Pour club soda into wine mixture to serve.

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:1.63, Inflammation Score:-6, Nutrition Score:2.7208695651396%

Flavonoids

Petunidin: 3.16mg, Petunidin: 3.16mg, Petunidin: 3.16mg, Petunidin: 3.16mg Delphinidin: 3.98mg, Delphinidin: 3.98mg, Delphinidin: 3.98mg, Delphinidin: 3.98mg Malvidin: 24.95mg, Malvidin: 24.95mg, Malvidin: 24.95mg, Malvidin: 24.95mg Peonidin: 1.76mg, Peonidin: 1.76mg, Peonidin: 1.76mg, Peonidin: 1.76mg Catechin: 7.32mg, Catechin: 7.32mg, Catechin: 7.32mg Epicatechin: 10.14mg, Epicatechin: 10.14mg, Epicatechin: 10.14mg, Epicatechin: 10.14mg Eriodictyol: 3.27mg, Eriodictyol: 3.27mg, Eriodictyol: 3.27mg, Eriodictyol: 3.27mg Hesperetin: 14.17mg, Hesperetin: 14.17mg, Hesperetin: 14.17mg, Hesperetin: 14.17mg Naringenin: 3.19mg, Naringenin: 3.19mg, Naringenin: 3.19mg, Naringenin: 3.19mg 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: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 198.79kcal (9.94%), Fat: 0.23g (0.35%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 17.81g (5.94%), Net Carbohydrates: 16.73g (6.08%), Sugar: 12.21g (13.56%), Cholesterol: 0mg (0%), Sodium: 15.06mg (0.65%), Alcohol: 18.83g (100%), Alcohol %: 9.54% (100%), Caffeine: 3.84mg (1.28%), Protein: 0.56g (1.13%), Vitamin C: 27.71mg (33.59%), Fiber: 1.08g (4.31%), Folate: 12.38µg (3.1%), Potassium: 98.34mg (2.81%), Vitamin B1: 0.04mg (2.45%), Copper: 0.04mg (1.87%), Calcium: 18.21mg (1.82%), Vitamin B6: 0.03mg (1.7%), Magnesium: 6.54mg (1.63%), Vitamin A: 65.13IU (1.3%), Vitamin B5: 0.13mg (1.26%), Iron: 0.2mg (1.13%), Phosphorus: 10.5mg (1.05%), Vitamin B2: 0.02mg (1.03%)