

Sangria at La Tasca



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



2 min.

SERVINGS



1

CALORIES



307 kcal

BEVERAGE

DRINK

Ingredients

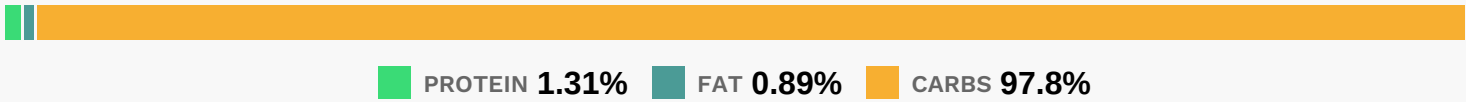
- ☐ 1 serving spoonful of freshly fruit good chopped (apples and oranges are)
- ☐ 3 ice cubes
- ☐ 75 ml pink lemonade kool-aid
- ☐ 100 ml red wine
- ☐ 10 ml gomme syrup (sugar syrup)
- ☐ 25 ml spirit mixture – equal parts of triple sec

Equipment

Directions

- ☐ Place three ice cubes in a red wine glass.
- ☐ Add a scoop of chopped fruit.
- ☐ Pour in the spirits, sugar syrup, wine and then lemonade and stir with a swizzle stick.
- ☐ Enjoy, then pour yourself another.

Nutrition Facts



Properties

Glycemic Index:79.5, Glycemic Load:6.52, Inflammation Score:-6, Nutrition Score:3.5699999902559%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Petunidin: 2.01mg, Petunidin: 2.01mg, Petunidin: 2.01mg Delphinidin: 2.04mg, Delphinidin: 2.04mg, Delphinidin: 2.04mg, Delphinidin: 2.04mg Malvidin: 14.04mg, Malvidin: 14.04mg, Malvidin: 14.04mg, Malvidin: 14.04mg Peonidin: 1.27mg, Peonidin: 1.27mg, Peonidin: 1.27mg Catechin: 7.24mg, Catechin: 7.24mg, Catechin: 7.24mg, Catechin: 7.24mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 3.84mg, Epicatechin: 3.84mg, Epicatechin: 3.84mg, Epicatechin: 3.84mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 1.8mg, Naringenin: 1.8mg, Naringenin: 1.8mg, Naringenin: 1.8mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 306.84kcal (15.34%), Fat: 0.19g (0.3%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 47.94g (15.98%), Net Carbohydrates: 46.05g (16.74%), Sugar: 41.27g (45.85%), Cholesterol: 0mg (0%), Sodium: 27.08mg (1.18%), Alcohol: 17.24g (100%), Alcohol %: 5.81% (100%), Caffeine: 6.48mg (2.16%), Protein: 0.64g (1.28%), Manganese: 0.17mg (8.51%), Fiber: 1.9g (7.58%), Iron: 1.36mg (7.57%), Vitamin A: 359.9IU (7.2%), Potassium: 250.75mg (7.16%), Copper: 0.12mg (5.98%), Vitamin K: 5.86µg (5.58%), Magnesium: 20.69mg (5.17%), Vitamin B2: 0.07mg (4.2%), Phosphorus: 40.19mg (4.02%), Vitamin B6: 0.08mg (3.84%), Vitamin B3: 0.74mg (3.71%), Vitamin C: 2.61mg (3.16%), Vitamin B1: 0.04mg (2.59%), Zinc: 0.29mg (1.92%), Calcium: 17.4mg (1.74%)