



Sangria Barcelona Style

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



238 kcal

BEVERAGE

DRINK

Ingredients

- 3 tablespoons brown sugar
- 750 milliliter wine dry red
- 1.5 fluid ounce hendrick's gin
- 1 cup ice cubes
- 1 optional: lemon sliced
- 0.3 cup lemon lime soda
- 0.3 cup cranberry-orange relish
- 1 cranberry-orange relish sliced

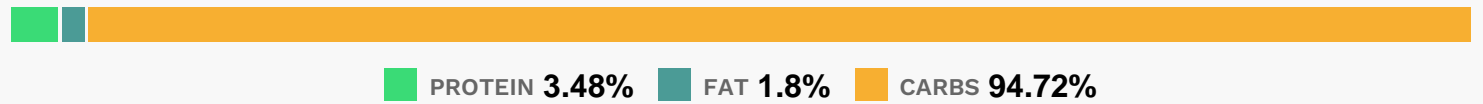
- 0.8 cup orange juice
- 0.8 cup pineapple juice
- 1.5 fluid ounce triple sec
- 1.5 fluid ounce vodka

Equipment

Directions

- Place the lemon, orange, and brown sugar in a large pitcher.
- Pour in vodka, cointreau, gin, orange soda, lemon-lime soda, pineapple juice, and orange juice.
- Add ice cubes and pour in red wine; stir well until the sugar has dissolved.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:4.83, Inflammation Score:-7, Nutrition Score:4.8078260985406%

Flavonoids

Petunidin: 4.21mg, Petunidin: 4.21mg, Petunidin: 4.21mg, Petunidin: 4.21mg Delphinidin: 5.3mg, Delphinidin: 5.3mg, Delphinidin: 5.3mg, Delphinidin: 5.3mg Malvidin: 33.27mg, Malvidin: 33.27mg, Malvidin: 33.27mg, Malvidin: 33.27mg Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg Catechin: 9.76mg, Catechin: 9.76mg, Catechin: 9.76mg, Catechin: 9.76mg Epicatechin: 13.52mg, Epicatechin: 13.52mg, Epicatechin: 13.52mg, Epicatechin: 13.52mg Eriodictyol: 3.9mg, Eriodictyol: 3.9mg, Eriodictyol: 3.9mg, Eriodictyol: 3.9mg Hesperetin: 16.72mg, Hesperetin: 16.72mg, Hesperetin: 16.72mg, Hesperetin: 16.72mg Naringenin: 5.26mg, Naringenin: 5.26mg, Naringenin: 5.26mg, Naringenin: 5.26mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 237.59kcal (11.88%), Fat: 0.21g (0.32%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 24.75g (8.25%), Net Carbohydrates: 23.42g (8.52%), Sugar: 17.94g (19.94%), Cholesterol: 0mg (0%), Sodium: 6.63mg (0.29%), Alcohol: 20.17g (100%), Alcohol %: 8.19% (100%), Caffeine: 3.4mg (1.13%), Protein: 0.91g (1.82%), Vitamin C: 43.6mg (52.84%), Manganese: 0.17mg (8.61%), Folate: 25.45µg (6.36%), Potassium: 188.8mg (5.39%), Fiber: 1.33g (5.32%), Vitamin B1:

0.08mg (5.26%), Vitamin B6: 0.08mg (3.82%), Copper: 0.07mg (3.41%), Magnesium: 12.58mg (3.14%), Calcium: 30.09mg (3.01%), Vitamin A: 133.43IU (2.67%), Iron: 0.34mg (1.91%), Vitamin B5: 0.19mg (1.91%), Vitamin B2: 0.03mg (1.91%), Phosphorus: 15.97mg (1.6%), Vitamin B3: 0.3mg (1.52%)