



Sangria Blanca



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



43 kcal

SIDE DISH

Ingredients

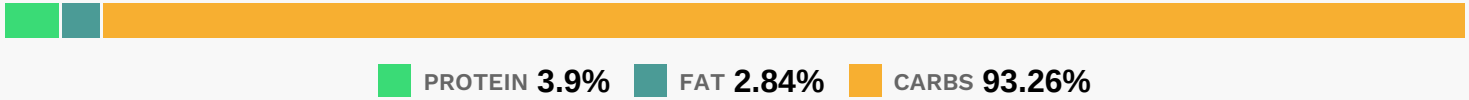
- ☐ 2 sprigs mint leaves fresh
- ☐ 10 grapes green halved
- ☐ 1 peaches pitted sliced
- ☐ 4 strawberries fresh hulled sliced
- ☐ 1.5 cups grape juice white

Equipment

Directions

- ☐ Fill a large glass pitcher halfway with ice; add fruit. Tilt pitcher and pour Cava very slowly down side (to preserve bubbles).
- ☐ Add juice and liquor; stir gently. Stir in mint.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:15.78, Glycemic Load:1.28, Inflammation Score:-1, Nutrition Score:1.6360869537229%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Petunidin: 0.49mg, Petunidin: 0.49mg, Petunidin: 0.49mg, Petunidin: 0.49mg Delphinidin: 0.93mg, Delphinidin: 0.93mg, Delphinidin: 0.93mg, Delphinidin: 0.93mg Malvidin: 5.3mg, Malvidin: 5.3mg, Malvidin: 5.3mg, Malvidin: 5.3mg Pelargonidin: 1.5mg, Pelargonidin: 1.5mg, Pelargonidin: 1.5mg, Pelargonidin: 1.5mg Peonidin: 0.51mg, Peonidin: 0.51mg, Peonidin: 0.51mg, Peonidin: 0.51mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 42.74kcal (2.14%), Fat: 0.14g (0.22%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 10.53g (3.51%), Net Carbohydrates: 9.96g (3.62%), Sugar: 9.57g (10.63%), Cholesterol: 0mg (0%), Sodium: 5.07mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.88%), Manganese: 0.16mg (7.77%), Vitamin C: 4.62mg (5.6%), Potassium: 94.75mg (2.71%), Fiber: 0.57g (2.29%), Magnesium: 7.66mg (1.92%), Copper: 0.03mg (1.74%), Vitamin K: 1.8µg (1.71%), Vitamin A: 80.39IU (1.61%), Vitamin B6: 0.03mg (1.42%), Phosphorus: 13.64mg (1.36%), Iron: 0.24mg (1.35%), Vitamin B3: 0.25mg (1.27%), Vitamin B1: 0.02mg (1.23%), Vitamin B2: 0.02mg (1.13%), Vitamin E: 0.17mg (1.13%)

(1.11%)