



Sangria Blanca



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



123 kcal

BEVERAGE

DRINK

Ingredients

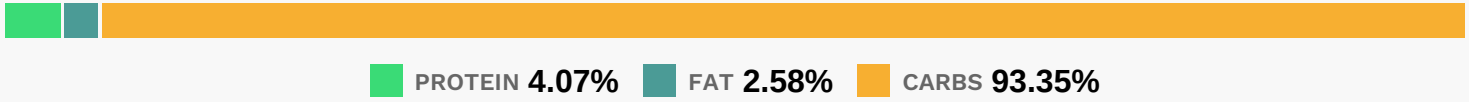
- ☐ 2 sprigs mint leaves fresh
- ☐ 10 grapes green halved
- ☐ 1 peaches pitted sliced
- ☐ 4 strawberries fresh hulled sliced
- ☐ 1.5 cups grape juice white
- ☐ 750 milliliters sparkling wine dry (or sparkling wine)
- ☐ 0.5 cup rum (found at liquor stores)

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:17.66, Glycemic Load:1.28, Inflammation Score:-4, Nutrition Score:2.2017391349958%

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: 123.22kcal (6.16%), Fat: 0.14g (0.22%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 11.62g (3.87%), Net Carbohydrates: 11.05g (4.02%), Sugar: 10.65g (11.83%), Cholesterol: 0mg (0%), Sodium: 11.77mg (0.51%), Alcohol: 11g (100%), Alcohol %: 7.44% (100%), Protein: 0.51g (1.01%), Manganese: 0.16mg (7.9%), Vitamin C: 4.62mg (5.6%), Potassium: 177.35mg (5.07%), Magnesium: 17.01mg (4.25%), Iron: 0.62mg (3.46%), Phosphorus: 28.27mg (2.83%), Copper: 0.05mg (2.41%), Vitamin B6: 0.05mg (2.36%), Fiber: 0.57g (2.29%), Vitamin B3: 0.35mg (1.74%), Vitamin B2: 0.03mg (1.72%), Vitamin K: 1.8µg (1.71%), Calcium: 16.58mg (1.66%), Vitamin A: 80.39IU (1.61%), Vitamin B1:

0.02mg (1.29%), Zinc: 0.17mg (1.15%), Vitamin E: 0.17mg (1.11%)