



Sangria Blanco

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



603 kcal

BEVERAGE

DRINK

Ingredients

- 3 slices apples thin
- 0.8 ounce cachaca
- 3 slices cucumber thin
- 2 sage fresh
- 3 grapes green cut in half
- 6 ice cubes
- 3 slices kiwi fruit thin
- 0.1 teaspoon juice of lime freshly squeezed thin

2 ounces seltzer water

2 ounces wine

Equipment

Directions

Fill large wine glass with ice.

Add cachaca, Pisco, St Germain, wine, and lime juice. Top with soda water and stir briefly.

Add lime, kiwi, apple, cucumber, grapes, sage, and thyme to drink and serve immediately.

Nutrition Facts

 **PROTEIN 4.92%** **FAT 4.84%** **CARBS 90.24%**

Properties

Glycemic Index:160.67, Glycemic Load:44.67, Inflammation Score:-10, Nutrition Score:30.882174061692%

Flavonoids

Cyanidin: 5.13mg, Cyanidin: 5.13mg, Cyanidin: 5.13mg, Cyanidin: 5.13mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.69mg, Catechin: 4.69mg, Catechin: 4.69mg, Catechin: 4.69mg Epigallocatechin: 0.85mg, Epigallocatechin: 0.85mg, Epigallocatechin: 0.85mg Epicatechin: 26.39mg, Epicatechin: 26.39mg, Epicatechin: 26.39mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 1.11mg, Epigallocatechin 3-gallate: 1.11mg, Epigallocatechin 3-gallate: 1.11mg, Epigallocatechin 3-gallate: 1.11mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 4.39mg, Luteolin: 4.39mg, Luteolin: 4.39mg, Luteolin: 4.39mg Kaempferol: 6.03mg, Kaempferol: 6.03mg, Kaempferol: 6.03mg, Kaempferol: 6.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 13.35mg, Quercetin: 13.35mg, Quercetin: 13.35mg, Quercetin: 13.35mg

Nutrients (% of daily need)

Calories: 602.87kcal (30.14%), Fat: 2.99g (4.61%), Saturated Fat: 0.26g (1.63%), Carbohydrates: 125.56g (41.85%), Net Carbohydrates: 101.22g (36.81%), Sugar: 85.85g (95.39%), Cholesterol: 0mg (0%), Sodium: 49.95mg (2.17%), Alcohol: 14.13g (100%), Alcohol %: 1.6% (100%), Protein: 6.85g (13.7%), Vitamin C: 419.76mg (508.8%), Vitamin K: 228.75µg (217.85%), Fiber: 24.34g (97.35%), Copper: 1.11mg (55.56%), Vitamin E: 7.64mg (50.97%), Potassium: 1518.77mg (43.39%), Folate: 154.08µg (38.52%), Manganese: 0.74mg (37.24%), Magnesium: 113.58mg (28.4%),

Vitamin B6: 0.52mg (25.78%), Phosphorus: 237.3mg (23.73%), Calcium: 224.14mg (22.41%), Vitamin B1: 0.22mg (14.77%), Vitamin B2: 0.24mg (14.38%), Vitamin A: 671.71IU (13.43%), Vitamin B5: 1.27mg (12.72%), Vitamin B3: 2.39mg (11.97%), Iron: 1.96mg (10.87%), Zinc: 1.07mg (7.12%), Selenium: 1.17µg (1.68%)