



Sangria Blanco



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



680 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

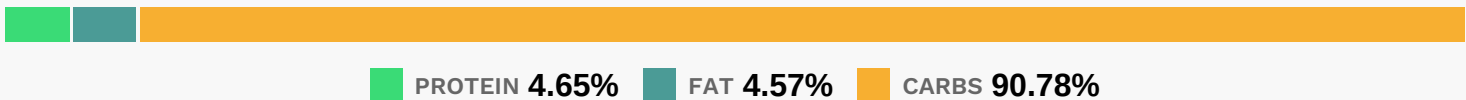
- ☐ 2 ounces seltzer water
- ☐ 0.8 ounce st. germain (elderflower liqueur)
- ☐ 2 ounces wine
- ☐ 0.8 ounce frangelico
- ☐ 0.8 ounce frangelico

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



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 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: 680.12kcal (34.01%), Fat: 2.99g (4.61%), Saturated Fat: 0.26g (1.63%), Carbohydrates: 133.81g (44.6%), Net Carbohydrates: 109.47g (39.81%), Sugar: 94.02g (104.47%), Cholesterol: 0mg (0%), Sodium: 49.95mg (2.17%), Alcohol: 14.13g (100%), Alcohol %: 1.57% (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%)