



Sangría Blanco



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



18 min.

SERVINGS



15

CALORIES



184 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1500 milliliter wine dry white
- ☐ 0.8 cup mint leaves fresh loosely packed
- ☐ 2 cups lemon lime soda chilled soft
- ☐ 2 optional: lemon thinly sliced
- ☐ 2 lime thinly sliced
- ☐ 1 cup orange liqueur
- ☐ 2 cranberry-orange relish thinly sliced
- ☐ 1 pint strawberries fresh thinly sliced

☐ 0.3 cup sugar

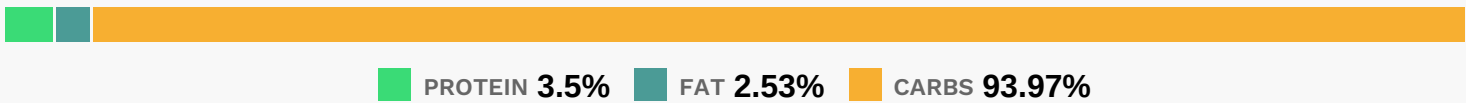
Equipment

☐ sauce pan

Directions

- ☐ Bring sugar and 1 1/4 cups water to a boil in a saucepan over medium-high heat, stirring occasionally, until sugar is dissolved.
- ☐ Remove from heat, and let stand 10 minutes.
- ☐ Combine sugar mixture, white wine, and next 2 ingredients in a large container; cover and chill 4 hours. Stir in lemon-lime soft drink and next 4 ingredients just before serving.
- ☐ Serve over ice, if desired.
- ☐ Note: For testing purposes only, we used Grand Marnier for orange liqueur.

Nutrition Facts



Properties

Glycemic Index:15.01, Glycemic Load:4.6, Inflammation Score:-6, Nutrition Score:5.1352174256159%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 7.84mg, Pelargonidin: 7.84mg, Pelargonidin: 7.84mg, Pelargonidin: 7.84mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 3.77mg, Eriodictyol: 3.77mg, Eriodictyol: 3.77mg, Eriodictyol: 3.77mg Hesperetin: 13.25mg, Hesperetin: 13.25mg, Hesperetin: 13.25mg, Hesperetin: 13.25mg Naringenin: 3.53mg, Naringenin: 3.53mg, Naringenin: 3.53mg, Naringenin: 3.53mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg

Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 184.11kcal (9.21%), Fat: 0.26g (0.39%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 21.4g (7.13%), Net Carbohydrates: 19.52g (7.1%), Sugar: 16.26g (18.07%), Cholesterol: 0mg (0%), Sodium: 10.99mg (0.48%), Alcohol: 14.54g (100%), Alcohol %: 8.13% (100%), Caffeine: 8.81mg (2.94%), Protein: 0.8g (1.59%), Vitamin C: 38.79mg (47.02%), Manganese: 0.28mg (13.96%), Fiber: 1.88g (7.53%), Potassium: 198.79mg (5.68%), Magnesium: 20.27mg (5.07%), Vitamin B6: 0.09mg (4.71%), Folate: 18.69µg (4.67%), Iron: 0.69mg (3.85%), Phosphorus: 34.77mg (3.48%), Calcium: 34.14mg (3.41%), Vitamin A: 146.3IU (2.93%), Copper: 0.05mg (2.61%), Vitamin B1: 0.04mg (2.58%), Vitamin B2: 0.04mg (2.49%), Vitamin B3: 0.38mg (1.89%), Vitamin B5: 0.18mg (1.83%), Zinc: 0.23mg (1.53%), Vitamin K: 1.15µg (1.1%), Vitamin E: 0.16mg (1.09%)