

Sangria Ice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



127 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 16 ounce berries mixed frozen
- ☐ 1 cup wine dry red
- ☐ 1 cranberry-orange relish thinly sliced
- ☐ 6 slices orange sections
- ☐ 0.7 cup orange juice fresh (3 oranges)
- ☐ 0.3 cup sugar
- ☐ 1 cup water

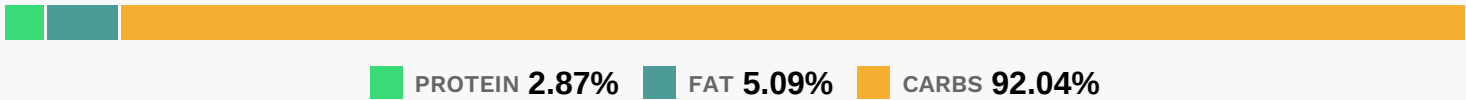
Equipment

- ☐ bowl
- ☐ sieve

Directions

- ☐ Combine first 4 ingredients in a large bowl. Cover and chill 8 hours.
- ☐ Remove orange; discard. Press berry mixture through a sieve over a bowl; discard solids.
- ☐ Combine berry mixture, juice, and sugar in an 8-inch dish, stirring until sugar dissolves. Cover and freeze 45 minutes. Stir berry mixture with a fork every 45 minutes until completely frozen and slushy (about 4 hours).
- ☐ Remove berry mixture from freezer; scrape mixture with a fork until fluffy.
- ☐ Garnish with orange slices.

Nutrition Facts



Properties

Glycemic Index:34.52, Glycemic Load:8.19, Inflammation Score:-5, Nutrition Score:4.4926087467567%

Flavonoids

Cyanidin: 3.3mg, Cyanidin: 3.3mg, Cyanidin: 3.3mg, Cyanidin: 3.3mg Petunidin: 15.06mg, Petunidin: 15.06mg, Petunidin: 15.06mg, Petunidin: 15.06mg Delphinidin: 17.99mg, Delphinidin: 17.99mg, Delphinidin: 17.99mg, Delphinidin: 17.99mg Malvidin: 48.03mg, Malvidin: 48.03mg, Malvidin: 48.03mg, Malvidin: 48.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 1.1mg, Peonidin: 1.1mg, Peonidin: 1.1mg, Peonidin: 1.1mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 9.52mg, Hesperetin: 9.52mg, Hesperetin: 9.52mg, Hesperetin: 9.52mg Naringenin: 4.09mg, Naringenin: 4.09mg, Naringenin: 4.09mg, Naringenin: 4.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 126.97kcal (6.35%), Fat: 0.59g (0.91%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 24.12g (8.04%), Net Carbohydrates: 21.48g (7.81%), Sugar: 19.15g (21.28%), Cholesterol: 0mg (0%), Sodium: 3.09mg (0.13%), Alcohol:

4.2g (100%), Alcohol %: 2.49% (100%), Protein: 0.75g (1.51%), Vitamin C: 27.82mg (33.72%), Vitamin K: 12.43µg (11.83%), Fiber: 2.64g (10.58%), Manganese: 0.12mg (6.05%), Folate: 20.41µg (5.1%), Vitamin B1: 0.07mg (4.59%), Potassium: 137.43mg (3.93%), Vitamin B6: 0.07mg (3.47%), Vitamin B3: 0.57mg (2.84%), Vitamin A: 141.26IU (2.83%), Vitamin E: 0.41mg (2.77%), Vitamin B2: 0.05mg (2.76%), Copper: 0.05mg (2.71%), Magnesium: 9.49mg (2.37%), Vitamin B5: 0.2mg (2.04%), Calcium: 19.48mg (1.95%), Phosphorus: 16.2mg (1.62%), Iron: 0.22mg (1.21%)