



## Sangria II



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



166 kcal

BEVERAGE

DRINK

### Ingredients

- 1 cup cherries pitted halved
- 1 liter lemon-lime carbonated beverage flavored
- 2 limes
- 1 cranberry-orange relish
- 1 cup pineapple fresh cored peeled chopped
- 750 milliliter red wine

### Equipment

- bowl

# Directions

- Slice the fruit up into bite-size pieces and place in a punch bowl. (You may want to slightly crush the citrus fruits to get a little more of the flavor into the punch.)
- Pour in the bottle of red wine, and stir in carbonated soda (
- Pour it in slowly, and taste as you go along – you don't want to over-dilute the wine!)

# Nutrition Facts

**PROTEIN 2.9%** **FAT 0.99%** **CARBS 96.11%**

# Properties

Glycemic Index:21.27, Glycemic Load:3.38, Inflammation Score:-5, Nutrition Score:4.3486955839655%

# Flavonoids

Cyanidin: 5.39mg, Cyanidin: 5.39mg, Cyanidin: 5.39mg, Cyanidin: 5.39mg Petunidin: 1.88mg, Petunidin: 1.88mg, Petunidin: 1.88mg, Petunidin: 1.88mg Delphinidin: 1.91mg, Delphinidin: 1.91mg, Delphinidin: 1.91mg, Delphinidin: 1.91mg Malvidin: 13.16mg, Malvidin: 13.16mg, Malvidin: 13.16mg, Malvidin: 13.16mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 1.45mg, Peonidin: 1.45mg, Peonidin: 1.45mg, Peonidin: 1.45mg Catechin: 7.54mg, Catechin: 7.54mg, Catechin: 7.54mg, Catechin: 7.54mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 4.47mg, Epicatechin: 4.47mg, Epicatechin: 4.47mg, Epicatechin: 4.47mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg Naringenin: 4.76mg, Naringenin: 4.76mg, Naringenin: 4.76mg, Naringenin: 4.76mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

# Nutrients (% of daily need)

Calories: 165.86kcal (8.29%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 24.63g (8.21%), Net Carbohydrates: 23.11g (8.41%), Sugar: 19.35g (21.5%), Cholesterol: 0mg (0%), Sodium: 16.81mg (0.73%), Alcohol: 10.08g (100%), Alcohol %: 4.39% (100%), Caffeine: 18.7mg (6.23%), Protein: 0.74g (1.49%), Vitamin C: 24.65mg (29.88%), Manganese: 0.33mg (16.71%), Potassium: 229.53mg (6.56%), Fiber: 1.51g (6.05%), Vitamin B6: 0.1mg (5.14%), Magnesium: 19.67mg (4.92%), Iron: 0.7mg (3.9%), Phosphorus: 32.45mg (3.25%), Copper: 0.06mg (3.09%), Vitamin B2: 0.05mg (3.04%), Vitamin B1: 0.05mg (3%), Folate: 11.61µg (2.9%), Calcium: 27.1mg (2.71%), Vitamin B3:

0.44mg (2.21%), Vitamin B5: 0.18mg (1.84%), Zinc: 0.21mg (1.42%), Vitamin A: 70.12IU (1.4%)