



Sangria Party Cups

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



260 min.

SERVINGS



20

CALORIES



55 kcal

BEVERAGE

DRINK

Ingredients

- 11 oz mandarin orange segments drained canned
- 1 cup cooking wine dry red
- 20 servings ice cubes
- 3 oz jell-o lemon flavor gelatin
- 1 cup grapes red seedless halved
- 8 strawberries fresh quartered
- 3 oz jell-o strawberry flavor gelatin
- 1.5 cups water boiling

Equipment

bowl

Directions

- Add boiling water to combined gelatin mixes in medium bowl; stir at least 2 min. until completely dissolved.
- Add enough ice cubes to wine to measure 1-1/2 cups.
- Add to gelatin; stir until slightly thickened.
- Remove any unmelted ice.
- Spoon fruit evenly into 8 clear dessert dishes; cover with gelatin mixture.
- Refrigerate 4 hours or until firm.

Nutrition Facts

 **PROTEIN 7.2%**  **FAT 0.61%**  **CARBS 92.19%**

Properties

Glycemic Index:4.3, Glycemic Load:0.71, Inflammation Score:-2, Nutrition Score:1.3591304168753%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg Malvidin: 3.15mg, Malvidin: 3.15mg, Malvidin: 3.15mg, Malvidin: 3.15mg Pelargonidin: 1.19mg, Pelargonidin: 1.19mg, Pelargonidin: 1.19mg Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.3mg, Epicatechin: 1.3mg, Epicatechin: 1.3mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 55.03kcal (2.75%), Fat: 0.03g (0.05%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 11.21g (3.74%), Net Carbohydrates: 10.86g (3.95%), Sugar: 10.01g (11.12%), Cholesterol: 0mg (0%), Sodium: 44.3mg (1.93%), Alcohol: 1.26g (100%), Alcohol %: 1.31% (100%), Protein: 0.88g (1.75%), Vitamin C: 8.35mg (10.12%), Vitamin A: 210.13IU (4.2%), Copper: 0.04mg (2.01%), Phosphorus: 16.37mg (1.64%), Fiber: 0.35g (1.4%), Vitamin B1: 0.02mg (1.36%), Manganese: 0.02mg (1.24%), Potassium: 43.57mg (1.24%), Vitamin K: 1.21µg (1.15%)