



Sangria Perea



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



5 min.

SERVINGS



6

CALORIES



127 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup grapes seedless
- ☐ 3 cups ice cubes
- ☐ 0.3 cup optional: lemon
- ☐ 1 cup lemon/lime soda
- ☐ 0.3 cup lime
- ☐ 0.3 cup cranberry-orange relish
- ☐ 1 cup orange juice
- ☐ 0.5 cup peach brandy

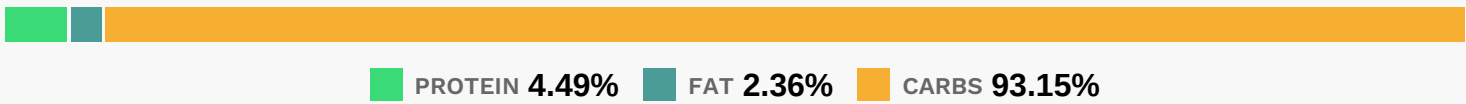
- ☐ 0.3 cup pineapple chunks
- ☐ 2 cups red wine

Equipment

Directions

- ☐ Watch how to make this recipe.
- ☐ In a pitcher, add all the ingredients and stir to combine. Ideally, you want to wait about 1 hour for the fruit and the wine to infuse each other, but you can drink it right away.

Nutrition Facts



Properties

Glycemic Index:42.21, Glycemic Load:4.14, Inflammation Score:-5, Nutrition Score:4.7478261408599%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 1.58mg, Petunidin: 1.58mg, Petunidin: 1.58mg, Petunidin: 1.58mg Delphinidin: 1.61mg, Delphinidin: 1.61mg, Delphinidin: 1.61mg, Delphinidin: 1.61mg Malvidin: 11.07mg, Malvidin: 11.07mg, Malvidin: 11.07mg, Malvidin: 11.07mg Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg Catechin: 6.34mg, Catechin: 6.34mg, Catechin: 6.34mg, Catechin: 6.34mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 3.33mg, Epicatechin: 3.33mg, Epicatechin: 3.33mg, Epicatechin: 3.33mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 1.96mg, Eriodictyol: 1.96mg, Eriodictyol: 1.96mg, Eriodictyol: 1.96mg Hesperetin: 14.19mg, Hesperetin: 14.19mg, Hesperetin: 14.19mg, Hesperetin: 14.19mg Naringenin: 3.83mg, Naringenin: 3.83mg, Naringenin: 3.83mg, Naringenin: 3.83mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 127.42kcal (6.37%), Fat: 0.19g (0.3%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 17.2g (5.73%), Net Carbohydrates: 16.03g (5.83%), Sugar: 12.52g (13.91%), Cholesterol: 0mg (0%), Sodium: 15.73mg (0.68%), Alcohol:

8.48g (100%), Alcohol %: 3.22% (100%), Caffeine: 5.9mg (1.97%), Protein: 0.83g (1.66%), Vitamin C: 33.86mg (41.04%), Potassium: 260.38mg (7.44%), Manganese: 0.13mg (6.45%), Magnesium: 20.72mg (5.18%), Vitamin B1: 0.07mg (4.78%), Vitamin B6: 0.09mg (4.7%), Folate: 18.6µg (4.65%), Fiber: 1.16g (4.65%), Copper: 0.09mg (4.38%), Iron: 0.67mg (3.73%), Phosphorus: 34.44mg (3.44%), Vitamin B2: 0.05mg (3.2%), Vitamin A: 158.93IU (3.18%), Vitamin B3: 0.54mg (2.72%), Calcium: 26.55mg (2.66%), Vitamin B5: 0.18mg (1.82%), Vitamin K: 1.79µg (1.71%), Zinc: 0.21mg (1.42%), Vitamin E: 0.17mg (1.15%)