

# Sangria! Sangria!

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



276 kcal

BEVERAGE

DRINK

## Ingredients

- 0.5 cup brandy
- 750 milliliter cooking wine dry red
- 1 optional: lemon sliced into rounds
- 0.3 cup juice of lemon
- 0.3 cup lemonade concentrate frozen
- 1 lime sliced into rounds
- 8 maraschino cherries
- 1 cranberry-orange relish sliced into rounds

0.3 cup orange juice

0.5 cup triple sec

## Equipment

bowl

## Directions

In a large pitcher or bowl, mix together the brandy, lemon juice, lemonade concentrate, orange juice, red wine, triple sec, and sugar. Float slices of lemon, orange and lime, and maraschino cherries in the mixture. Refrigerate overnight for best flavor. For a fizzy sangria, add club soda just before serving.

## Nutrition Facts

 **PROTEIN 2.73%** **FAT 2.56%** **CARBS 94.71%**

## Properties

Glycemic Index:27.83, Glycemic Load:2.18, Inflammation Score:-7, Nutrition Score:3.6691304840471%

## Flavonoids

Petunidin: 4.21mg, Petunidin: 4.21mg, Petunidin: 4.21mg, Petunidin: 4.21mg Delphinidin: 5.3mg, Delphinidin: 5.3mg, Delphinidin: 5.3mg, Delphinidin: 5.3mg Malvidin: 33.27mg, Malvidin: 33.27mg, Malvidin: 33.27mg, Malvidin: 33.27mg Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg Catechin: 9.76mg, Catechin: 9.76mg, Catechin: 9.76mg, Catechin: 9.76mg Epicatechin: 13.52mg, Epicatechin: 13.52mg, Epicatechin: 13.52mg, Epicatechin: 13.52mg Eriodictyol: 4.36mg, Eriodictyol: 4.36mg, Eriodictyol: 4.36mg, Eriodictyol: 4.36mg Hesperetin: 18.89mg, Hesperetin: 18.89mg, Hesperetin: 18.89mg, Hesperetin: 18.89mg Naringenin: 4.26mg, Naringenin: 4.26mg, Naringenin: 4.26mg, Naringenin: 4.26mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

## Nutrients (% of daily need)

Calories: 276.05kcal (13.8%), Fat: 0.32g (0.49%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 26.55g (8.85%), Net Carbohydrates: 24.9g (9.05%), Sugar: 18.86g (20.96%), Cholesterol: 0mg (0%), Sodium: 3.78mg (0.16%), Alcohol: 25.11g (100%), Alcohol %: 12.18% (100%), Caffeine: 5.11mg (1.7%), Protein: 0.77g (1.53%), Vitamin C: 36.95mg (44.79%), Fiber: 1.65g (6.61%), Folate: 16.51µg (4.13%), Potassium: 130.94mg (3.74%), Vitamin B1: 0.05mg (3.27%),

Copper: 0.05mg (2.74%), Calcium: 23.94mg (2.39%), Vitamin B6: 0.05mg (2.28%), Magnesium: 8.2mg (2.05%),  
Vitamin A: 89.83IU (1.8%), Vitamin B5: 0.17mg (1.71%), Iron: 0.29mg (1.63%), Phosphorus: 14.2mg (1.42%), Vitamin B2:  
0.02mg (1.38%), Manganese: 0.02mg (1.22%), Vitamin B3: 0.21mg (1.06%)