

Sangria Slush

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



6

CALORIES



324 kcal

DESSERT

Ingredients

- 750 ml red wine chilled
- 0.3 cup tequila
- 0.5 cup pear liqueur orange-flavored
- 0.5 cup pomegranate juice chilled
- 0.3 cup juice of lime fresh
- 0.5 cup agave nectar
- 2 cups ice cubes shaved
- 2 cups blueberries fresh

- 2 lime cut into thin slices
- 2 small cranberry–orange relish cut into thin slices

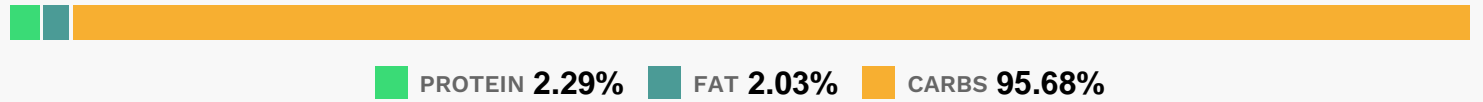
Equipment

- blender

Directions

- In blender, place wine, tequila, liqueur, pomegranate juice, lime juice, agave nectar and shaved ice. Cover; blend on medium–high speed 1 to 2 minutes until slushy.
- Pour mixture into glass serving pitcher.
- Add blueberries, lime and orange slices.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.58, Glycemic Load:6.81, Inflammation Score:–7, Nutrition Score:7.2678260544072%

Flavonoids

Cyanidin: 4.91mg, Cyanidin: 4.91mg, Cyanidin: 4.91mg, Cyanidin: 4.91mg Petunidin: 18.07mg, Petunidin: 18.07mg, Petunidin: 18.07mg, Petunidin: 18.07mg Delphinidin: 20.2mg, Delphinidin: 20.2mg, Delphinidin: 20.2mg, Delphinidin: 20.2mg Malvidin: 50.89mg, Malvidin: 50.89mg, Malvidin: 50.89mg, Malvidin: 50.89mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 11.59mg, Peonidin: 11.59mg, Peonidin: 11.59mg, Peonidin: 11.59mg Catechin: 11.66mg, Catechin: 11.66mg, Catechin: 11.66mg, Catechin: 11.66mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 5.11mg, Epicatechin: 5.11mg, Epicatechin: 5.11mg, Epicatechin: 5.11mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 20.03mg, Hesperetin: 20.03mg, Hesperetin: 20.03mg, Hesperetin: 20.03mg Naringenin: 7.94mg, Naringenin: 7.94mg, Naringenin: 7.94mg, Naringenin: 7.94mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg Gallocatechin: 0.16mg, Gallocatechin: 0.16mg, Gallocatechin: 0.16mg, Gallocatechin: 0.16mg

Nutrients (% of daily need)

Calories: 323.83kcal (16.19%), Fat: 0.4g (0.61%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 41.9g (13.97%), Net Carbohydrates: 39.23g (14.27%), Sugar: 31.99g (35.55%), Cholesterol: 0mg (0%), Sodium: 12.86mg (0.56%), Alcohol: 24.74g (100%), Alcohol %: 8.08% (100%), Protein: 1g (2%), Vitamin C: 34.47mg (41.78%), Manganese: 0.37mg (18.36%), Vitamin K: 16.51µg (15.72%), Fiber: 2.68g (10.7%), Potassium: 336.86mg (9.62%), Vitamin B6: 0.18mg (9.09%), Folate: 27.1µg (6.78%), Vitamin B2: 0.11mg (6.59%), Magnesium: 25.95mg (6.49%), Vitamin B1: 0.09mg (5.85%), Iron: 0.94mg (5.21%), Phosphorus: 47.86mg (4.79%), Copper: 0.09mg (4.72%), Vitamin E: 0.67mg (4.46%), Vitamin B3: 0.82mg (4.08%), Calcium: 39.52mg (3.95%), Vitamin B5: 0.3mg (2.99%), Vitamin A: 117.38IU (2.35%), Zinc: 0.34mg (2.29%), Selenium: 0.94µg (1.34%)