



Sangria-Style Sipper

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



93 kcal

SIDE DISH

Ingredients

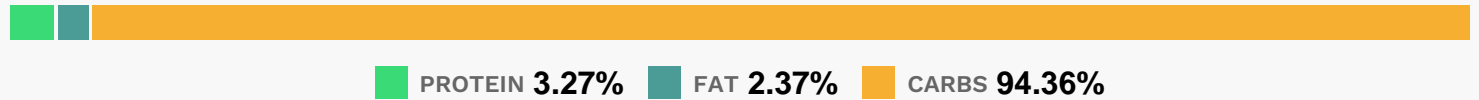
- 0.8 cup club soda chilled
- 1 cup grape juice red
- 3 slices optional: lemon
- 1 tablespoon juice of lemon fresh
- 3 slices lime
- 2 tablespoons juice of lime fresh
- 3 slices cranberry-orange relish
- 2 tablespoons orange juice fresh

Equipment

Directions

- Combine first 7 ingredients in a medium container; cover and chill at least 2 hours. Discard fruit.
- Add club soda just before serving.

Nutrition Facts



Properties

Glycemic Index:76, Glycemic Load:1.17, Inflammation Score:-3, Nutrition Score:3.6678261063669%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Petunidin: 1.29mg, Petunidin: 1.29mg, Petunidin: 1.29mg, Petunidin: 1.29mg Delphinidin: 2.43mg, Delphinidin: 2.43mg, Delphinidin: 2.43mg, Delphinidin: 2.43mg Malvidin: 14.13mg, Malvidin: 14.13mg, Malvidin: 14.13mg, Malvidin: 14.13mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 1.34mg, Peonidin: 1.34mg, Peonidin: 1.34mg, Peonidin: 1.34mg Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg Eriodictyol: 2.97mg, Eriodictyol: 2.97mg, Eriodictyol: 2.97mg, Eriodictyol: 2.97mg Hesperetin: 8.45mg, Hesperetin: 8.45mg, Hesperetin: 8.45mg, Hesperetin: 8.45mg Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 93.15kcal (4.66%), Fat: 0.26g (0.41%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 23.55g (7.85%), Net Carbohydrates: 22.8g (8.29%), Sugar: 20.26g (22.51%), Cholesterol: 0mg (0%), Sodium: 25.74mg (1.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.63%), Vitamin C: 22.83mg (27.67%), Manganese: 0.31mg (15.64%), Potassium: 211.34mg (6.04%), Magnesium: 18.14mg (4.53%), Vitamin B6: 0.07mg (3.32%), Vitamin B1: 0.05mg (3.22%), Fiber: 0.74g (2.97%), Calcium: 26.6mg (2.66%), Phosphorus: 25.46mg (2.55%), Iron: 0.45mg (2.51%), Folate: 9.82µg (2.46%), Copper: 0.05mg (2.32%), Vitamin B2: 0.03mg (1.79%), Vitamin B5: 0.15mg (1.48%), Vitamin B3: 0.28mg (1.41%), Zinc: 0.21mg (1.4%), Vitamin A: 58.51IU (1.17%)