



Sangria with Winter Citrus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



135 min.

SERVINGS



10

CALORIES



400 kcal

BEVERAGE

DRINK

Ingredients

- 1 bosc pear diced cored
- 4 cups club soda chilled
- 2250 ml medium-bodied red wine such as malbec, rioja or sangiovese
- 1 ruby grapefruit thinly sliced
- 1 cup grappa
- 1 apples diced green cored
- 2 juice of lemon
- 1 optional: lemon thinly sliced

- 1 regular orange thinly sliced
- 1 cup orange juice
- 0.5 cup orange liqueur such as cointreau
- 0.5 cup simple syrup glaze

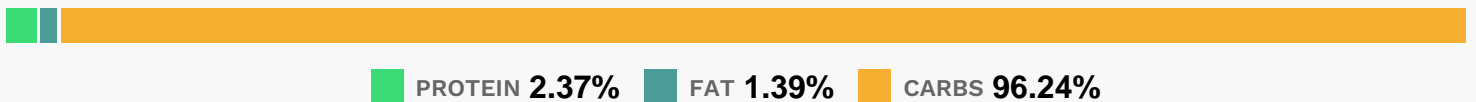
Equipment

- plastic wrap
- wooden spoon

Directions

- Begin by macerating the fruit.
- Add half of the apples, grapefruit, lemon, blood orange and pears to a large pitcher and squeeze the lemon juice on top. Muddle the fruit using a wooden spoon.
- Add the remaining half of the fruits.
- Pour over the red wine, grappa, orange liqueur and stir. Cover with plastic wrap and place in the fridge for 2 hours, or overnight if time allows.
- Add the orange juice and simple syrup, and then top off with the chilled club soda before serving.

Nutrition Facts



Properties

Glycemic Index:22.88, Glycemic Load:4.95, Inflammation Score:-8, Nutrition Score:7.3682608345281%

Flavonoids

Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg Petunidin: 4.52mg, Petunidin: 4.52mg, Petunidin: 4.52mg, Petunidin: 4.52mg Delphinidin: 4.59mg, Delphinidin: 4.59mg, Delphinidin: 4.59mg, Delphinidin: 4.59mg Malvidin: 31.59mg, Malvidin: 31.59mg, Malvidin: 31.59mg, Malvidin: 31.59mg Peonidin: 2.86mg, Peonidin: 2.86mg, Peonidin: 2.86mg, Peonidin: 2.86mg Catechin: 16.58mg, Catechin: 16.58mg, Catechin: 16.58mg, Catechin: 16.58mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 10.69mg, Epicatechin: 10.69mg, Epicatechin: 10.69mg, Epicatechin: 10.69mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg

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Nutrients (% of daily need)

Calories: 399.63kcal (19.98%), Fat: 0.24g (0.37%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 37.27g (12.42%), Net Carbohydrates: 35.19g (12.8%), Sugar: 28.36g (31.51%), Cholesterol: 0mg (0%), Sodium: 40.6mg (1.77%), Alcohol: 36.81g (100%), Alcohol %: 9.49% (100%), Caffeine: 3.07mg (1.02%), Protein: 0.92g (1.83%), Vitamin C: 37.01mg (44.85%), Manganese: 0.34mg (16.77%), Potassium: 475mg (13.57%), Iron: 1.88mg (10.44%), Magnesium: 40.1mg (10.02%), Vitamin B6: 0.19mg (9.27%), Fiber: 2.08g (8.33%), Vitamin A: 395.05IU (7.9%), Phosphorus: 71.56mg (7.16%), Vitamin B2: 0.12mg (6.78%), Vitamin B1: 0.09mg (5.97%), Folate: 21.16µg (5.29%), Calcium: 44.76mg (4.48%), Copper: 0.09mg (4.42%), Vitamin B3: 0.8mg (3.97%), Zinc: 0.52mg (3.49%), Vitamin B5: 0.26mg (2.64%), Vitamin K: 2.12µg (2.02%), Selenium: 0.79µg (1.13%)