



Sangrita



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



17 kcal

SIDE DISH

Ingredients

- ☐ 10 servings pepper black freshly ground to taste
- ☐ 1 tablespoon brine-packed olives green
- ☐ 1 tablespoon brown sugar
- ☐ 10 servings hot sauce to taste
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup orange juice fresh
- ☐ 10 servings sea salt to taste
- ☐ 2 cups sacramento tomato juice

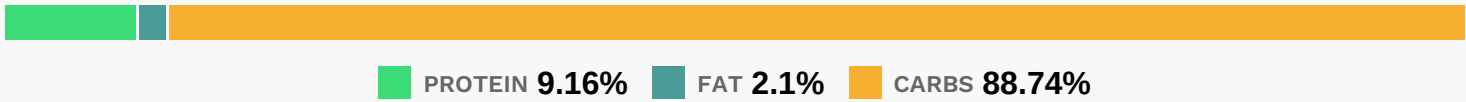
1 teaspoon worcestershire sauce

Equipment

Directions

- Stir ingredients together, and chill at least 1 hour. Taste just before serving; adjust seasonings, if necessary.
- Chef John Recommends: An aromatic Sauvignon Blanc. Alternative
- Pours: A Gewrztraminer, Riesling, or Viognier, or a Muscat with just a touch of residual sugar.

Nutrition Facts



Properties

Glycemic Index:11.53, Glycemic Load:0.93, Inflammation Score:-3, Nutrition Score:2.1413043659666%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 16.67kcal (0.83%), Fat: 0.04g (0.07%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 4.17g (1.39%), Net Carbohydrates: 3.93g (1.43%), Sugar: 3.51g (3.91%), Cholesterol: 0mg (0%), Sodium: 253.12mg (11.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.86%), Vitamin C: 12.73mg (15.43%), Vitamin A: 232.37IU (4.65%), Potassium: 133.15mg (3.8%), Folate: 11.96µg (2.99%), Vitamin B6: 0.06mg (2.9%), Manganese: 0.05mg (2.46%), Vitamin B1: 0.03mg (1.96%), Vitamin B3: 0.36mg (1.8%), Copper: 0.04mg (1.79%), Magnesium: 6.49mg (1.62%), Iron: 0.27mg (1.53%), Vitamin B5: 0.14mg (1.38%), Vitamin K: 1.3µg (1.23%), Vitamin E: 0.16mg (1.08%), Vitamin B2: 0.02mg (1.07%), Phosphorus: 10.5mg (1.05%)