



Sangrita with a Pineapple-Lime Iceberg

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



255 min.

SERVINGS



12

CALORIES



429 kcal

BEVERAGE

DRINK

Ingredients

- 1 liter club soda
- 1500 ml cooking wine dry white
- 1 cup juice of lime fresh (10 limes)
- 4 limes cut into 12 wedges each
- 1 cup orange juice
- 1 pineapple cored peeled quartered cut into 1 1/2-inch chunks
- 46 ounce pineapple juice canned
- 0.8 cup sugar

- 2 cups tequila
- 1 cup triple sec

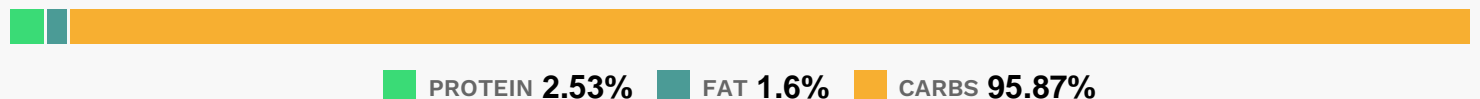
Equipment

- bowl
- sauce pan

Directions

- Place half of the lime wedges and one-third of the pineapple chunks in a medium bowl.
- Mix 1/2 cup of the pineapple juice with 3/4 cup water and pour over the limes and pineapple chunks. Freeze until firm, about 4 hours.
- Make a simple syrup by mixing the sugar with 3/4 cup water in a small saucepan. Bring the mixture to a boil, stirring to dissolve the sugar. Cool before using.
- Mix the wine, the remaining pineapple juice, the tequila, lime juice, simple syrup, orange juice and triple sec in a punch bowl.
- Remove the pineapple-lime iceberg from the bowl and float in the punch.
- Add the remaining lime wedges and pineapple chunks.
- Pour in the club soda just before serving.
- Serve over ice in glasses.
- Make ahead tip: This can be made the day before. Just add the limes, pineapple and the club soda right before serving.
- From Food Network Kitchens

Nutrition Facts



Properties

Glycemic Index:20.23, Glycemic Load:16.04, Inflammation Score:-7, Nutrition Score:10.900869543138%

Flavonoids

Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg Hesperetin: 14.39mg, Hesperetin: 14.39mg, Hesperetin: 14.39mg, Hesperetin: 14.39mg Naringenin: 1.76mg, Naringenin: 1.76mg, Naringenin: 1.76mg, Naringenin: 1.76mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 429.03kcal (21.45%), Fat: 0.41g (0.63%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 55.06g (18.35%), Net Carbohydrates: 51.85g (18.85%), Sugar: 45.4g (50.45%), Cholesterol: 0mg (0%), Sodium: 28.84mg (1.25%), Alcohol: 31.53g (100%), Alcohol %: 7.55% (100%), Caffeine: 5.11mg (1.7%), Protein: 1.46g (2.91%), Vitamin C: 69.15mg (83.81%), Manganese: 0.87mg (43.38%), Vitamin B1: 0.21mg (14.02%), Fiber: 3.22g (12.86%), Copper: 0.26mg (12.78%), Vitamin B6: 0.26mg (12.77%), Potassium: 403.31mg (11.52%), Magnesium: 44.68mg (11.17%), Folate: 30.28µg (7.57%), Iron: 1.1mg (6.12%), Calcium: 55.56mg (5.56%), Vitamin B2: 0.09mg (5.06%), Vitamin B3: 1.01mg (5.06%), Phosphorus: 49.6mg (4.96%), Zinc: 0.51mg (3.39%), Vitamin B5: 0.33mg (3.3%), Vitamin A: 160.66IU (3.21%), Vitamin K: 2.07µg (1.97%), Selenium: 0.9µg (1.29%)