



HEALTH SCORE

100%

Santa Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



8

CALORIES



216 kcal

SIDE DISH

Ingredients

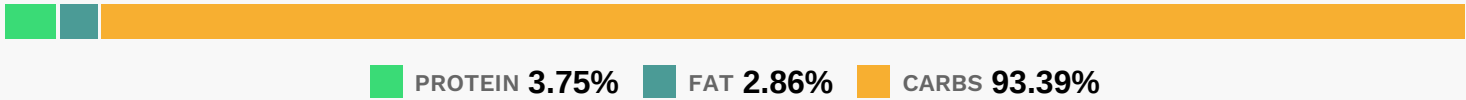
- ☐ 2 large apple green cored cut into thin slices
- ☐ 1 cup pomegranate juice
- ☐ 2 cups raspberries frozen
- ☐ 6 cups rose hips

Equipment

Directions

- ☐ Put fruit and ice in wine glasses.
- ☐ Combine rosé and juice in a pitcher; pour into glasses.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:7.25, Glycemic Load:2.45, Inflammation Score:-10, Nutrition Score:23.306956517956%

Flavonoids

Cyanidin: 15.35mg, Cyanidin: 15.35mg, Cyanidin: 15.35mg, Cyanidin: 15.35mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.65mg, Delphinidin: 0.65mg, Delphinidin: 0.65mg, Delphinidin: 0.65mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 5.25mg, Epicatechin: 5.25mg, Epicatechin: 5.25mg, Epicatechin: 5.25mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 215.7kcal (10.79%), Fat: 0.7g (1.08%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 51.75g (17.25%), Net Carbohydrates: 25.47g (9.26%), Sugar: 13.5g (15%), Cholesterol: 0mg (0%), Sodium: 7.47mg (0.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.15%), Vitamin C: 416.22mg (504.51%), Fiber: 26.27g (105.1%), Vitamin A: 4178.62IU (83.57%), Manganese: 1.22mg (61.08%), Vitamin E: 6.04mg (40.28%), Vitamin K: 31.47µg (29.97%), Magnesium: 77.29mg (19.32%), Calcium: 175.24mg (17.52%), Potassium: 580.18mg (16.58%), Vitamin B2: 0.19mg (11.1%), Vitamin B5: 0.98mg (9.83%), Copper: 0.16mg (7.81%), Vitamin B3: 1.54mg (7.7%), Phosphorus: 76.36mg (7.64%), Iron: 1.31mg (7.3%), Vitamin B6: 0.12mg (6.21%), Folate: 18.3µg (4.57%), Zinc: 0.41mg (2.76%), Vitamin B1: 0.04mg (2.6%)