

Sassy Sangria

 **Gluten Free**  **Dairy Free**

READY IN



188 min.

SERVINGS



8

CALORIES



200 kcal

BEVERAGE

DRINK

Ingredients

- 1 apples diced cored
- 1 cup brandy
- 3 cups chianti fruity
- 2 cups club soda chilled
- 1 optional: lemon sliced
- 1 lime sliced
- 1 cranberry-orange relish sliced
- 0.3 cup liqueur orange flavored (recommended: triple sec)

8 raspberries fresh

Equipment

Directions

- Watch how to make this recipe.
- In a large pitcher, combine all ingredients except club soda. Cover tightly and refrigerate 3 hours to let flavors meld.
- Pour 3/4 cup sangria mixture into each of 8 wine glasses, dividing fruit equally. Top each glass with 1/4 cup club soda.
- Serve immediately.

Nutrition Facts



PROTEIN 3.76% **FAT 2.14%** **CARBS 94.1%**

Properties

Glycemic Index:23.5, Glycemic Load:2.3, Inflammation Score:-6, Nutrition Score:3.4434782655343%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Petunidin: 1.79mg, Petunidin: 1.79mg, Petunidin: 1.79mg, Petunidin: 1.79mg Delphinidin: 1.84mg, Delphinidin: 1.84mg, Delphinidin: 1.84mg, Delphinidin: 1.84mg Malvidin: 12.46mg, Malvidin: 12.46mg, Malvidin: 12.46mg, Malvidin: 12.46mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg Catechin: 6.75mg, Catechin: 6.75mg, Catechin: 6.75mg, Catechin: 6.75mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 5.19mg, Epicatechin: 5.19mg, Epicatechin: 5.19mg, Epicatechin: 5.19mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 12.4mg, Hesperetin: 12.4mg, Hesperetin: 12.4mg, Hesperetin: 12.4mg Naringenin: 4.46mg, Naringenin: 4.46mg, Naringenin: 4.46mg, Naringenin: 4.46mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg

Nutrients (% of daily need)

Calories: 199.99kcal (10%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 12.7g (4.23%), Net Carbohydrates: 11.02g (4.01%), Sugar: 7.9g (8.78%), Cholesterol: 0mg (0%), Sodium: 17.01mg (0.74%), Alcohol: 22.54g (100%), Alcohol %: 11.45% (100%), Protein: 0.51g (1.01%), Vitamin C: 19.87mg (24.09%), Manganese: 0.16mg (7.75%), Fiber: 1.68g (6.73%), Potassium: 200.26mg (5.72%), Vitamin B6: 0.09mg (4.31%), Magnesium: 16.19mg (4.05%), Iron: 0.62mg (3.45%), Phosphorus: 30.94mg (3.09%), Vitamin B2: 0.05mg (2.75%), Calcium: 24.85mg (2.48%), Copper: 0.05mg (2.27%), Folate: 9.07µg (2.27%), Vitamin B1: 0.03mg (2.2%), Zinc: 0.24mg (1.62%), Vitamin B3: 0.31mg (1.57%), Vitamin B5: 0.13mg (1.32%), Vitamin A: 58.75IU (1.17%), Vitamin K: 1.07µg (1.02%)