



Sheila's Perfect Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



270 min.

SERVINGS



12

CALORIES



365 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup coconut-flavored rum
- ☐ 1500 milliliter cooking wine dry red chilled
- ☐ 1 kiwi fruit peeled sliced
- ☐ 0.3 cup juice of lemon
- ☐ 1 cup lemon-lime soda chilled
- ☐ 12 fluid ounce pink lemonade concentrate frozen thawed canned
- ☐ 2 lemons thinly sliced
- ☐ 2 tablespoons juice of lime

- ☐ 2 limes thinly sliced
- ☐ 2 navel oranges thinly sliced
- ☐ 2 cups orange juice
- ☐ 1 pears cored chopped
- ☐ 20 ounce pineapple chunks in juice canned
- ☐ 1 cup rum white
- ☐ 1 cup strawberries fresh sliced
- ☐ 0.5 cup sugar white
- ☐ 0.5 cup cointreau

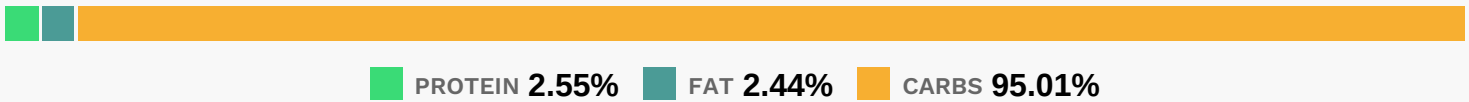
Equipment

- ☐ bowl

Directions

- ☐ Place the oranges, lemons, limes, pear, kiwi, strawberries, pineapple chunks and juice, and white sugar into a large bowl.
- ☐ Pour the Cointreau, white rum, coconut-flavored rum, and orange juice over the fruit. Stir gently to dissolve the sugar. Cover and refrigerate for 2 hours.
- ☐ Add the red wine, pink lemonade concentrate, lemon juice, and lime juice. Cover and refrigerate for 2 hours, or overnight.
- ☐ Before serving, add the chilled lemon-lime soda.
- ☐ Serve over ice, spooning the fruit into the glass with the liquid.
- ☐ Garnish with an orange slice or maraschino cherries.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:9.96, Inflammation Score:-7, Nutrition Score:7.7800001216971%

Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg Petunidin: 4.22mg, Petunidin: 4.22mg, Petunidin: 4.22mg, Petunidin: 4.22mg Delphinidin: 5.34mg, Delphinidin: 5.34mg, Delphinidin: 5.34mg, Delphinidin: 5.34mg Malvidin: 33.27mg, Malvidin: 33.27mg, Malvidin: 33.27mg, Malvidin: 33.27mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg Catechin: 10.18mg, Catechin: 10.18mg, Catechin: 10.18mg, Catechin: 10.18mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 14.15mg, Epicatechin: 14.15mg, Epicatechin: 14.15mg, Epicatechin: 14.15mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 4.22mg, Eriodictyol: 4.22mg, Eriodictyol: 4.22mg, Eriodictyol: 4.22mg Hesperetin: 20.83mg, Hesperetin: 20.83mg, Hesperetin: 20.83mg, Hesperetin: 20.83mg Naringenin: 3.13mg, Naringenin: 3.13mg, Naringenin: 3.13mg, Naringenin: 3.13mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 365.23kcal (18.26%), Fat: 0.61g (0.94%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 53.79g (17.93%), Net Carbohydrates: 50.73g (18.45%), Sugar: 42.36g (47.07%), Cholesterol: 0mg (0%), Sodium: 7.56mg (0.33%), Alcohol: 22.55g (100%), Alcohol %: 7.08% (100%), Caffeine: 5.51mg (1.84%), Protein: 1.44g (2.89%), Vitamin C: 71.64mg (86.83%), Fiber: 3.07g (12.27%), Folate: 34.8µg (8.7%), Potassium: 299.97mg (8.57%), Vitamin B1: 0.13mg (8.52%), Copper: 0.13mg (6.69%), Magnesium: 23.19mg (5.8%), Vitamin B6: 0.11mg (5.68%), Manganese: 0.09mg (4.51%), Vitamin K: 4.49µg (4.27%), Calcium: 39.71mg (3.97%), Vitamin A: 186.77IU (3.74%), Phosphorus: 32.05mg (3.2%), Iron: 0.57mg (3.16%), Vitamin B2: 0.05mg (3.13%), Vitamin B3: 0.6mg (2.99%), Vitamin B5: 0.28mg (2.78%), Vitamin E: 0.3mg (2.02%), Zinc: 0.18mg (1.21%)