

Shortcut Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



89 kcal

BEVERAGE

DRINK

Ingredients

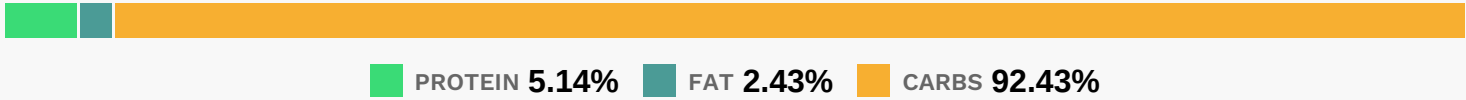
- ☐ 1 cup vanilla-flavor syrup
- ☐ 2 bottles cooking wine dry red (750 ml. each)
- ☐ 10 servings ice cubes
- ☐ 1 lime thinly sliced
- ☐ 1 cup orange juice
- ☐ 12 oz oranges thinly sliced

Equipment

Directions

- ☐ In a pitcher (at least 3–qt. size), combine syrup, orange slices, lime slices, and orange juice.
- ☐ Add wine to pitcher; mix, and pour into ice–filled glasses.

Nutrition Facts



Properties

Glycemic Index:12.65, Glycemic Load:2.84, Inflammation Score:-3, Nutrition Score:3.4743479112892%

Flavonoids

Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 15.11mg, Hesperetin: 15.11mg, Hesperetin: 15.11mg, Hesperetin: 15.11mg Naringenin: 5.97mg, Naringenin: 5.97mg, Naringenin: 5.97mg, Naringenin: 5.97mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 89.23kcal (4.46%), Fat: 0.12g (0.18%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 9.93g (3.31%), Net Carbohydrates: 8.88g (3.23%), Sugar: 8.01g (8.9%), Cholesterol: 0mg (0%), Sodium: 5.05mg (0.22%), Alcohol: 7.18g (100%), Alcohol %: 6.38% (100%), Protein: 0.55g (1.11%), Vitamin C: 32.45mg (39.33%), Folate: 18.18µg (4.55%), Potassium: 148.79mg (4.25%), Fiber: 1.05g (4.21%), Vitamin B1: 0.06mg (3.75%), Manganese: 0.06mg (3.02%), Copper: 0.05mg (2.73%), Vitamin A: 129.49IU (2.59%), Vitamin B2: 0.04mg (2.48%), Magnesium: 9.59mg (2.4%), Calcium: 22.51mg (2.25%), Vitamin B6: 0.04mg (1.93%), Vitamin B5: 0.15mg (1.54%), Vitamin B3: 0.3mg (1.48%), Phosphorus: 11.43mg (1.14%)