



Silver Sangria



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



293 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 ounces apple liqueur sour
- ☐ 1 apples green peeled cut into small pieces
- ☐ 6 cups ice cubes
- ☐ 6 lemon wheels fresh for garnish
- ☐ 4 ounces juice of lemon fresh
- ☐ 6 ounces lemon-lime soda
- ☐ 6 ounces rum light
- ☐ 6 ounces juice of lime fresh

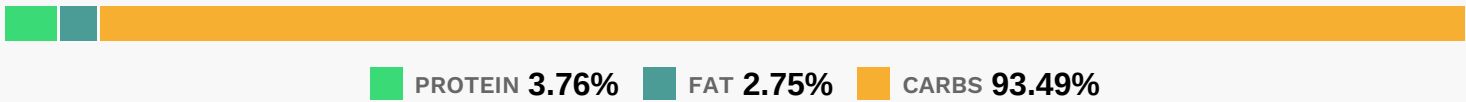
- ☐ 6 limes wheels fresh for garnish
- ☐ 1 peaches peeled cut into small pieces
- ☐ 3 ounces peach schnapps
- ☐ 1 apples red peeled cut into small pieces
- ☐ 750 ml sauvignon blanc white wine
- ☐ 6 ounces soda water
- ☐ 0.5 cup sugar

Equipment

Directions

- ☐ Watch how to make this recipe.
- ☐ In a pitcher add ice and stir together all the ingredients except for the garnishes.
- ☐ Serve drinks over ice garnished with lemon and lime wheels.

Nutrition Facts



Properties

Glycemic Index:34.86, Glycemic Load:14.01, Inflammation Score:-7, Nutrition Score:8.0265215324319%

Flavonoids

Cyanidin: 1.24mg, Cyanidin: 1.24mg, Cyanidin: 1.24mg, Cyanidin: 1.24mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 4.67mg, Epicatechin: 4.67mg, Epicatechin: 4.67mg, Epicatechin: 4.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 18.46mg, Eriodictyol: 18.46mg, Eriodictyol: 18.46mg, Eriodictyol: 18.46mg Hesperetin: 48.16mg, Hesperetin: 48.16mg, Hesperetin: 48.16mg, Hesperetin: 48.16mg Naringenin: 2.43mg, Naringenin: 2.43mg, Naringenin: 2.43mg, Naringenin: 2.43mg Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

3.66mg, Quercetin: 3.66mg

Nutrients (% of daily need)

Calories: 293.09kcal (14.65%), Fat: 0.58g (0.89%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 44.33g (14.78%), Net Carbohydrates: 38.89g (14.14%), Sugar: 28.11g (31.23%), Cholesterol: 0mg (0%), Sodium: 21.99mg (0.96%), Alcohol: 16.92g (100%), Alcohol %: 3.58% (100%), Caffeine: 3.19mg (1.06%), Protein: 1.78g (3.57%), Vitamin C: 72.77mg (88.2%), Fiber: 5.43g (21.72%), Potassium: 286.76mg (8.19%), Copper: 0.14mg (6.77%), Vitamin B6: 0.13mg (6.45%), Iron: 0.97mg (5.39%), Calcium: 52.52mg (5.25%), Folate: 20.7µg (5.18%), Vitamin B1: 0.07mg (4.77%), Magnesium: 18.55mg (4.64%), Phosphorus: 37.27mg (3.73%), Vitamin B5: 0.37mg (3.71%), Vitamin E: 0.54mg (3.59%), Manganese: 0.07mg (3.47%), Vitamin B2: 0.06mg (3.25%), Vitamin A: 145.86IU (2.92%), Vitamin B3: 0.43mg (2.16%), Vitamin K: 2.23µg (2.12%), Zinc: 0.24mg (1.63%), Selenium: 1.03µg (1.47%)