

Spanish Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



245 kcal

BEVERAGE

DRINK

Ingredients

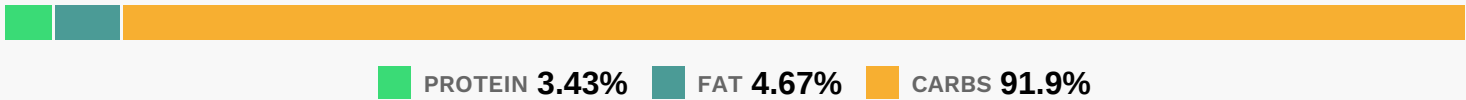
- ☐ 3 cups all-natural apricot nectar
- ☐ 3 cups club soda plain
- ☐ 10 grapes green halved lengthwise
- ☐ 8 servings ice cubes for serving
- ☐ 2 lemons halved cut lengthwise into thin slices
- ☐ 2 small oranges halved cut lengthwise into thin slices
- ☐ 2 plums pitted halved thinly sliced lengthwise
- ☐ 1500 ml red wine

Equipment

Directions

- ☐ Stir together wine, apricot nectar, oranges and lemons in a pitcher. (This may be prepared up to 5 hours ahead; keep covered at room temperature.)
- ☐ To serve, add plums and grapes, stir in seltzer, and pour sangria over ice in glasses.

Nutrition Facts



Properties

Glycemic Index:20.96, Glycemic Load:3.28, Inflammation Score:-9, Nutrition Score:8.9117390953976%

Flavonoids

Cyanidin: 1.29mg, Cyanidin: 1.29mg, Cyanidin: 1.29mg, Cyanidin: 1.29mg Petunidin: 3.77mg, Petunidin: 3.77mg, Petunidin: 3.77mg, Petunidin: 3.77mg Delphinidin: 3.82mg, Delphinidin: 3.82mg, Delphinidin: 3.82mg, Delphinidin: 3.82mg Malvidin: 26.32mg, Malvidin: 26.32mg, Malvidin: 26.32mg, Malvidin: 26.32mg Peonidin: 2.43mg, Peonidin: 2.43mg, Peonidin: 2.43mg, Peonidin: 2.43mg Catechin: 14.06mg, Catechin: 14.06mg, Catechin: 14.06mg, Catechin: 14.06mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 7.74mg, Epicatechin: 7.74mg, Epicatechin: 7.74mg, Epicatechin: 7.74mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 15.27mg, Hesperetin: 15.27mg, Hesperetin: 15.27mg, Hesperetin: 15.27mg Naringenin: 7.19mg, Naringenin: 7.19mg, Naringenin: 7.19mg, Naringenin: 7.19mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg Gallocatechin: 0.17mg, Gallocatechin: 0.17mg, Gallocatechin: 0.17mg, Gallocatechin: 0.17mg

Nutrients (% of daily need)

Calories: 245.4kcal (12.27%), Fat: 0.59g (0.91%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 26.13g (8.71%), Net Carbohydrates: 24.41g (8.88%), Sugar: 18.75g (20.84%), Cholesterol: 0mg (0%), Sodium: 37.23mg (1.62%), Alcohol: 20.16g (100%), Alcohol %: 5.08% (100%), Protein: 0.98g (1.95%), Vitamin C: 56.8mg (68.85%), Vitamin A: 1363.48IU (27.27%), Manganese: 0.31mg (15.46%), Potassium: 424.94mg (12.14%), Vitamin B6: 0.19mg (9.47%), Magnesium:

35.13mg (8.78%), Vitamin B1: 0.11mg (7.11%), Fiber: 1.71g (6.85%), Iron: 1.21mg (6.75%), Phosphorus: 60.02mg (6%), Vitamin B2: 0.1mg (5.69%), Calcium: 49.92mg (4.99%), Copper: 0.09mg (4.56%), Vitamin B3: 0.74mg (3.71%), Vitamin K: 3.86µg (3.68%), Vitamin E: 0.52mg (3.5%), Folate: 13.96µg (3.49%), Zinc: 0.44mg (2.95%), Vitamin B5: 0.28mg (2.84%)