



Sparkling and Spiced Citrus Sangria

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



2880 min.

SERVINGS



6

CALORIES



294 kcal

BEVERAGE

DRINK

Ingredients

- 2 ounces pepper
- 0.5 cup peppercorns whole black
- 1 cup cranberries fresh whole
- 1 ounce ginger
- 1 cup granulated sugar
- 0.3 cup kumquats sliced (6 kumquats)
- 4 ounces pear liqueur
- 1 1 tangerine with skin on sliced

0.8 cup water

Equipment

sauce pan

cheesecloth

Directions

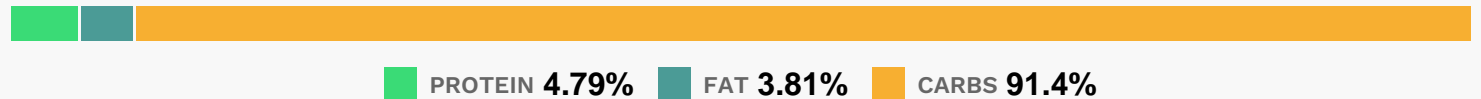
For the Syrup: combine water, sugar, cranberries, and peppercorns in a medium-sized sauce pan over medium-high heat. Bring to a boil, stirring frequently. Turn off heat, cover and let stand for 30 minutes. Cool and fine-strain mixture through cheesecloth or a coffee filter into an air-tight container. Syrup can be stored in the refrigerator for up to 1 week.

For the Sangria Base: combine sliced kumquats and tangerines in the base of an airtight container with ginger shrub, cranberry syrup, and Pavan. Stir to combine. Refrigerate for at least 2 days and up to 4 days.

To serve, pour entire sangria base into a large pitcher.

Add cava, pouring gently down the side of the pitcher. Stir gently to combine, and pour into ice-filled serving glasses.

Nutrition Facts



Properties

Glycemic Index:39.35, Glycemic Load:28.33, Inflammation Score:-5, Nutrition Score:13.592173939166%

Flavonoids

Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Hesperetin: 1.16mg, Hesperetin: 1.16mg, Hesperetin: 1.16mg, Hesperetin: 1.16mg Naringenin: 4.17mg, Naringenin: 4.17mg, Naringenin: 4.17mg, Naringenin: 4.17mg Apigenin: 1.03mg, Apigenin: 1.03mg, Apigenin: 1.03mg, Apigenin: 1.03mg

Apigenin: 1.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 293.62kcal (14.68%), Fat: 1.2g (1.85%), Saturated Fat: 0.43g (2.67%), Carbohydrates: 64.82g (21.61%), Net Carbohydrates: 56.17g (20.43%), Sugar: 43.6g (48.44%), Cholesterol: 0mg (0%), Sodium: 9.36mg (0.41%), Alcohol: 7.63g (100%), Alcohol %: 6.37% (100%), Protein: 3.4g (6.8%), Manganese: 3.8mg (190.19%), Vitamin K: 48.58µg (46.27%), Fiber: 8.64g (34.57%), Copper: 0.43mg (21.28%), Iron: 2.98mg (16.54%), Calcium: 140.86mg (14.09%), Magnesium: 55.9mg (13.98%), Potassium: 454.32mg (12.98%), Vitamin C: 8.55mg (10.37%), Vitamin B6: 0.12mg (5.75%), Vitamin A: 283.07IU (5.66%), Phosphorus: 53.35mg (5.33%), Vitamin B5: 0.51mg (5.08%), Vitamin B2: 0.07mg (4.31%), Vitamin E: 0.57mg (3.81%), Vitamin B1: 0.04mg (3%), Zinc: 0.4mg (2.68%), Selenium: 1.69µg (2.42%), Vitamin B3: 0.46mg (2.3%), Folate: 8.79µg (2.2%)