



Sparkling Autumn Chianti

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



495 min.

SERVINGS



15

CALORIES



138 kcal

BEVERAGE

DRINK

Ingredients

- 3 small apples
- 1 purée of usa bartlett pear
- 750 milliliter chianti
- 0.5 cup evaporated cane juice
- 3 plums fresh cut into wedges
- 15 servings rosemary fresh
- 2 sprigs rosemary (4-inch)
- 750 milliliter wine chilled

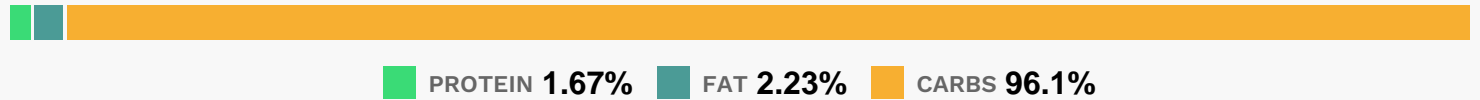
1 vanilla pod split

Equipment

Directions

- Cut pear lengthwise into 1/4-inch slices, cutting from stem end through the bottom.
- Cut apples crosswise into 1/4-inch slices.
- Stir together pear, apples, plums, and next 3 ingredients in a 3-qt. glass container until fruit is coated. Gradually stir in Chianti. Cover and chill 8 to 24 hours.
- Stir in sparkling white wine just before serving.
- Serve over ice.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:17.78, Glycemic Load:2.39, Inflammation Score:-4, Nutrition Score:1.5356521778133%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 2.95mg, Epicatechin: 2.95mg, Epicatechin: 2.95mg, Epicatechin: 2.95mg Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 137.61kcal (6.88%), Fat: 0.17g (0.27%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 16.87g (5.62%), Net Carbohydrates: 15.55g (5.66%), Sugar: 12.71g (14.12%), Cholesterol: 0mg (0%), Sodium: 3.01mg (0.13%), Alcohol: 10.75g (100%), Alcohol %: 8.34% (100%), Protein: 0.29g (0.59%), Fiber: 1.32g (5.26%), Manganese: 0.08mg (4.16%), Vitamin C: 3.22mg (3.9%), Potassium: 103.89mg (2.97%), Vitamin B6: 0.05mg (2.32%), Magnesium: 8.45mg (2.11%), Vitamin K: 2.15µg (2.05%), Phosphorus: 15.9mg (1.59%), Iron: 0.25mg (1.39%), Copper: 0.03mg (1.37%), Vitamin A: 68.5IU (1.37%), Vitamin B2: 0.02mg (1.32%)