



## Sparkling Peach Sangria

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



124 kcal

### Ingredients

- 1 slices blueberries
- 0.3 cup brown sugar packed
- 0.3 cup grand marnier
- 3 large peaches ripe
- 1 cup water
- 2.5 cups cooking wine white (such as albariño)
- 750 milliliter frangelico chilled

### Equipment

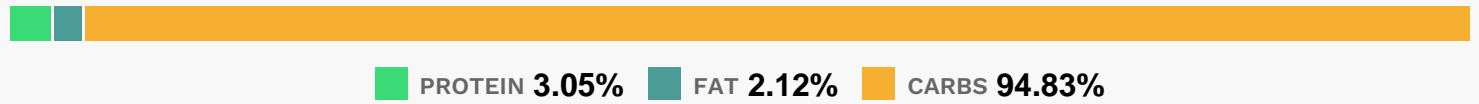
- food processor

- sieve
- microwave
- cheesecloth

## Directions

- Combine water and brown sugar in a microwave-safe dish; microwave at HIGH for 3 1/2 minutes. Stir to dissolve sugar. Cool. Peel and pit peaches.
- Combine sugar syrup and peeled peaches in a food processor; process until smooth.
- Pour peach mixture into a pitcher; stir in white wine Grand Marnier. Chill at least 4 hours; strain mixture through a cheesecloth-lined sieve. Squeeze cloth to extract juices. Discard solids. Stir in cava.
- Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:9.52, Glycemic Load:2.07, Inflammation Score:0, Nutrition Score:2.1000000005183%

## Flavonoids

Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.59mg, Catechin: 2.59mg, Catechin: 2.59mg, Catechin: 2.59mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

## Nutrients (% of daily need)

Calories: 124kcal (6.2%), Fat: 0.17g (0.25%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 16.68g (5.56%), Net Carbohydrates: 15.89g (5.78%), Sugar: 14.54g (16.15%), Cholesterol: 0mg (0%), Sodium: 13.69mg (0.6%), Alcohol: 8.29g (100%), Alcohol %: 6.93% (100%), Protein: 0.54g (1.07%), Manganese: 0.11mg (5.64%), Potassium: 135.64mg (3.88%), Vitamin A: 171.2IU (3.42%), Fiber: 0.79g (3.16%), Magnesium: 11.94mg (2.98%), Copper: 0.06mg (2.78%), Vitamin B3: 0.54mg (2.71%), Vitamin C: 2.16mg (2.62%), Vitamin E: 0.38mg (2.56%), Iron: 0.46mg (2.54%),

Phosphorus: 24.33mg (2.43%), Vitamin B6: 0.05mg (2.43%), Selenium: 1.33µg (1.91%), Vitamin B2: 0.03mg (1.83%),  
Vitamin K: 1.59µg (1.52%), Calcium: 13.78mg (1.38%), Zinc: 0.21mg (1.37%), Vitamin B5: 0.11mg (1.12%), Vitamin B1:  
0.02mg (1.06%)