

Sparkling Sangria

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



79 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup all-natural apricot nectar chilled
- 1 cup blueberries
- 0.3 cup brandy
- 1 cup cherries pitted halved
- 0.5 cup nectarines chopped (1)
- 1 cup raspberries
- 1 cup strawberries quartered
- 750 milliliter cava chilled

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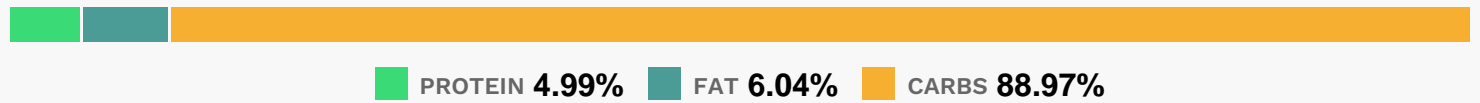
Equipment

Directions

Combine the first 6 ingredients in a large pitcher, and chill for at least 2 hours. Stir in 1 cup nectar and wine.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:2.34, Inflammation Score:-5, Nutrition Score:4.4769565041946%

Flavonoids

Cyanidin: 14.13mg, Cyanidin: 14.13mg, Cyanidin: 14.13mg, Cyanidin: 14.13mg Petunidin: 5.9mg, Petunidin: 5.9mg, Petunidin: 5.9mg, Petunidin: 5.9mg Delphinidin: 6.81mg, Delphinidin: 6.81mg, Delphinidin: 6.81mg, Delphinidin: 6.81mg Malvidin: 12.53mg, Malvidin: 12.53mg, Malvidin: 12.53mg, Malvidin: 12.53mg Pelargonidin: 4.67mg, Pelargonidin: 4.67mg, Pelargonidin: 4.67mg, Pelargonidin: 4.67mg Peonidin: 4.04mg, Peonidin: 4.04mg, Peonidin: 4.04mg, Peonidin: 4.04mg Catechin: 2.75mg, Catechin: 2.75mg, Catechin: 2.75mg, Catechin: 2.75mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 79.13kcal (3.96%), Fat: 0.41g (0.64%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 13.7g (4.57%), Net Carbohydrates: 11.39g (4.14%), Sugar: 10.31g (11.46%), Cholesterol: 0mg (0%), Sodium: 4.29mg (0.19%), Alcohol: 3.34g (100%), Alcohol %: 3.56% (100%), Protein: 0.77g (1.54%), Vitamin C: 27.09mg (32.84%), Manganese: 0.26mg (13.04%), Vitamin A: 470.71IU (9.41%), Fiber: 2.31g (9.23%), Vitamin K: 6.05µg (5.77%), Potassium: 135.66mg (3.88%),

Vitamin E: 0.48mg (3.22%), Copper: 0.06mg (2.92%), Vitamin B1: 0.04mg (2.87%), Magnesium: 11.02mg (2.76%), Folate: 10.12µg (2.53%), Vitamin B6: 0.05mg (2.44%), Vitamin B3: 0.41mg (2.06%), Iron: 0.35mg (1.96%), Phosphorus: 18.81mg (1.88%), Vitamin B2: 0.03mg (1.79%), Vitamin B5: 0.18mg (1.76%), Calcium: 13.61mg (1.36%), Zinc: 0.16mg (1.08%)