



Sparkling Sangria

Vegetarian Vegan Gluten Free Dairy Free Low Fod Map

READY IN

ready

10 min.

SERVINGS

servings

8

CALORIES

calories

184 kcal

BEVERAGE

DRINK

Ingredients

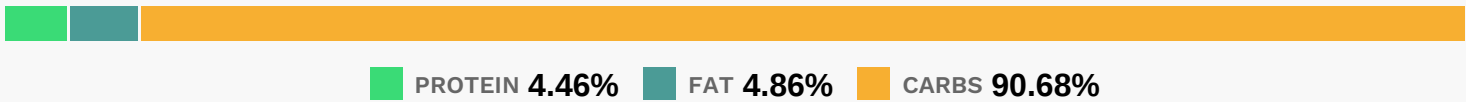
- ☐ 1 cup brandy
- ☐ 1 optional: lemon thinly sliced
- ☐ 1 lime thinly sliced
- ☐ 1 cranberry-orange relish thinly sliced
- ☐ 0.5 cup orange liqueur
- ☐ 1 pint raspberries
- ☐ 2 bottles sparkling wine chilled
- ☐ 0.3 cup sugar fine

Equipment

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large pitcher, combine the brandy, and orange liqueur.
- ☐ Pour in the sugar, stir or shake the pitcher thoroughly to mix until the sugar dissolves.
- ☐ Add all the fruit at once.
- ☐ Add the cava and serve as is or on ice.

Nutrition Facts



Properties

Glycemic Index:26.39, Glycemic Load:6.28, Inflammation Score:-5, Nutrition Score:5.749565248904%

Flavonoids

Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 11.83mg, Hesperetin: 11.83mg, Hesperetin: 11.83mg, Hesperetin: 11.83mg Naringenin: 2.87mg, Naringenin: 2.87mg, Naringenin: 2.87mg, Naringenin: 2.87mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 183.8kcal (9.19%), Fat: 0.53g (0.81%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 22.09g (7.36%), Net Carbohydrates: 17.24g (6.27%), Sugar: 15.61g (17.35%), Cholesterol: 0mg (0%), Sodium: 2.59mg (0.11%), Alcohol: 13.87g (100%), Alcohol %: 11.83% (100%), Caffeine: 3.84mg (1.28%), Protein: 1.09g (2.17%), Vitamin C: 33.8mg

(40.97%), Manganese: 0.41mg (20.66%), Fiber: 4.85g (19.4%), Folate: 19.49µg (4.87%), Vitamin K: 4.66µg (4.44%), Potassium: 151.49mg (4.33%), Copper: 0.08mg (4.19%), Magnesium: 16.7mg (4.17%), Vitamin E: 0.58mg (3.88%), Iron: 0.58mg (3.23%), Vitamin B1: 0.04mg (2.9%), Vitamin B6: 0.06mg (2.86%), Vitamin B5: 0.28mg (2.79%), Calcium: 27.84mg (2.78%), Phosphorus: 25.24mg (2.52%), Vitamin B3: 0.46mg (2.28%), Vitamin B2: 0.04mg (2.21%), Zinc: 0.29mg (1.96%), Vitamin A: 63.52IU (1.27%)