



## Sparkling Sangria

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 lime
- 2 cranberry-orange relish
- 1 optional: lemon
- 0.5 cup sugar
- 0.5 cup water
- 50.8 oz grape juice white
- 2 tablespoons orange juice orange-flavored
- 2 cups seltzer water chilled

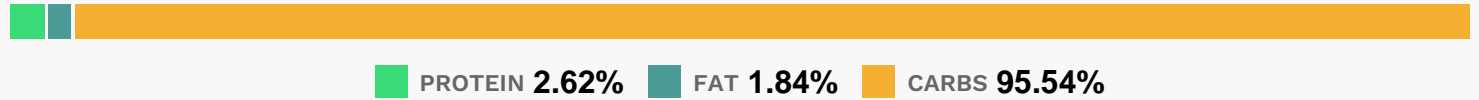
# Equipment

sauce pan

# Directions

- Cut ends off fruit. In 2-quart saucepan, mix sugar and water; add ends of fruit.
- Heat to boiling; boil 3 minutes. Cool; discard ends.
- Cut remaining limes, oranges and lemon into thin slices.
- In 3-quart non-metal container, mix sugar-water mixture, grape juice and liqueur.
- Add fruit slices; refrigerate. Just before serving, add sparkling water; stir gently.

# Nutrition Facts



# Properties

Glycemic Index:11.1, Glycemic Load:4.36, Inflammation Score:-2, Nutrition Score:2.1765217139669%

# Flavonoids

Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg Petunidin: 0.73mg, Petunidin: 0.73mg, Petunidin: 0.73mg, Petunidin: 0.73mg Delphinidin: 1.38mg, Delphinidin: 1.38mg, Delphinidin: 1.38mg, Delphinidin: 1.38mg Malvidin: 8.04mg, Malvidin: 8.04mg, Malvidin: 8.04mg, Malvidin: 8.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.76mg, Peonidin: 0.76mg, Peonidin: 0.76mg, Peonidin: 0.76mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 8.16mg, Hesperetin: 8.16mg, Hesperetin: 8.16mg, Hesperetin: 8.16mg Naringenin: 2.3mg, Naringenin: 2.3mg, Naringenin: 2.3mg, Naringenin: 2.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

# Nutrients (% of daily need)

Calories: 72.95kcal (3.65%), Fat: 0.16g (0.24%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 18.54g (6.18%), Net Carbohydrates: 17.74g (6.45%), Sugar: 16.83g (18.7%), Cholesterol: 0mg (0%), Sodium: 9.17mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.02%), Vitamin C: 12.7mg (15.4%), Manganese: 0.18mg (8.91%),

Potassium: 116.86mg (3.34%), Fiber: 0.8g (3.2%), Magnesium: 9.83mg (2.46%), Vitamin B1: 0.03mg (1.96%), Vitamin B6: 0.04mg (1.94%), Calcium: 18.37mg (1.84%), Iron: 0.27mg (1.52%), Phosphorus: 14.27mg (1.43%), Copper: 0.03mg (1.43%), Folate: 5.57µg (1.39%), Vitamin B2: 0.02mg (1.17%)