



Sparkling White Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



488 min.

SERVINGS



8

CALORIES



198 kcal

BEVERAGE

DRINK

Ingredients

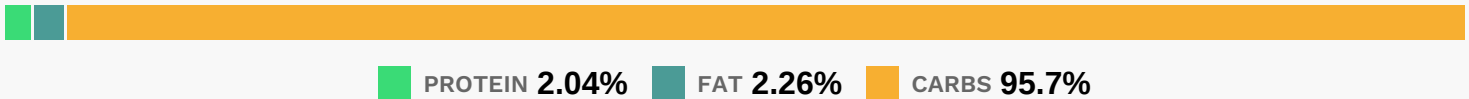
- ☐ 1 liter seltzer water chilled
- ☐ 750 ml wine dry white chilled
- ☐ 1 slices apples i use 2 granny smith apples cored thinly sliced quartered
- ☐ 1 slices optional: lemon seeds removed washed thinly sliced quartered
- ☐ 1 slices cranberry-orange relish seeds removed washed thinly sliced quartered
- ☐ 1 cup orange juice fresh (from 4 large oranges)
- ☐ 1 slices apples red cored thinly sliced quartered
- ☐ 1 cup orange liqueur

Equipment

Directions

- In a large pitcher combine fruits, wine, triple sec and orange juice. Cover and chill for at least 8 hours. To serve, fill 8 glasses with ice, divide fruit and wine mixture evenly among glasses and top off with club soda.

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:3.09, Inflammation Score:-5, Nutrition Score:3.0173913266348%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.58mg, Epicatechin: 2.58mg, Epicatechin: 2.58mg, Epicatechin: 2.58mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 4.81mg, Hesperetin: 4.81mg, Hesperetin: 4.81mg, Hesperetin: 4.81mg Naringenin: 1.3mg, Naringenin: 1.3mg, Naringenin: 1.3mg, Naringenin: 1.3mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 198.04kcal (9.9%), Fat: 0.2g (0.31%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 19.24g (6.41%), Net Carbohydrates: 18.46g (6.71%), Sugar: 16.04g (17.82%), Cholesterol: 0mg (0%), Sodium: 33.97mg (1.48%), Alcohol: 17.47g (100%), Alcohol %: 7.13% (100%), Caffeine: 7.67mg (2.56%), Protein: 0.41g (0.82%), Vitamin C: 18.15mg (22%), Manganese: 0.13mg (6.61%), Potassium: 174.4mg (4.98%), Magnesium: 16.66mg (4.17%), Vitamin B6: 0.07mg (3.64%), Fiber: 0.78g (3.13%), Folate: 11.69µg (2.92%), Phosphorus: 27.54mg (2.75%), Vitamin B1: 0.04mg (2.69%), Copper: 0.05mg (2.26%), Iron: 0.39mg (2.16%), Calcium: 21.08mg (2.11%), Vitamin B2: 0.04mg (2.06%), Zinc: 0.28mg (1.84%), Vitamin A: 80.85IU (1.62%), Vitamin B3: 0.3mg (1.5%), Vitamin B5: 0.12mg (1.24%)