



Sparkling White Sangria

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



118 kcal

BEVERAGE

DRINK

Ingredients

- 1.5 cups all-natural apricot nectar
- 1 bottle sparkling wine (such as Champagne or Prosecco)
- 1.5 ounces triple sec

Equipment

Directions

- In a pitcher, mix together the wine, apricot nectar, and triple sec.

Add 1 bunch frozen grapes to the pitcher before serving.

Nutrition Facts

PROTEIN 1.53% **FAT 5.19%** **CARBS 93.28%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:3.0239130841649%

Nutrients (% of daily need)

Calories: 118.22kcal (5.91%), Fat: 0.3g (0.47%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 12.28g (4.09%), Net Carbohydrates: 12.22g (4.44%), Sugar: 11.75g (13.06%), Cholesterol: 0mg (0%), Sodium: 14.34mg (0.62%), Alcohol: 9.84g (100%), Alcohol %: 6.4% (100%), Protein: 0.2g (0.4%), Vitamin C: 18.64mg (22.59%), Vitamin A: 825.79IU (16.52%), Potassium: 154.17mg (4.4%), Magnesium: 15.85mg (3.96%), Iron: 0.57mg (3.15%), Vitamin B1: 0.04mg (2.53%), Vitamin B6: 0.05mg (2.41%), Phosphorus: 22.31mg (2.23%), Calcium: 18.22mg (1.82%), Vitamin E: 0.26mg (1.72%), Copper: 0.03mg (1.43%), Vitamin B2: 0.02mg (1.34%), Vitamin B3: 0.23mg (1.15%), Manganese: 0.02mg (1.06%)