



 **51%**
HEALTH SCORE

Spiced Cranberry Sangría

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



245 min.

SERVINGS



5

CALORIES



245 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients




- 2 cups cranberries fresh
- 0.5 cup 1/4 cup dried cranberry (juice sweetened if possible)
- 2 large apples i use 2 granny smith apples
- 0.5 cup port wine
- 750 milliliter rose hips
- 0.5 cup frangelico
- 0.5 cup frangelico

Equipment

Directions

Add all ingredients to the fruit mixture and stir to combine. Refrigerate until chilled; serve over ice.

Nutrition Facts

 **PROTEIN 3.23%**  **FAT 2.01%**  **CARBS 94.76%**

Properties

Glycemic Index:26.6, Glycemic Load:6.48, Inflammation Score:-10, Nutrition Score:21.006087044011%

Flavonoids

Cyanidin: 19.97mg, Cyanidin: 19.97mg, Cyanidin: 19.97mg, Cyanidin: 19.97mg Petunidin: 1.59mg, Petunidin: 1.59mg, Petunidin: 1.59mg, Petunidin: 1.59mg Delphinidin: 4mg, Delphinidin: 4mg, Delphinidin: 4mg, Delphinidin: 4mg Malvidin: 22.94mg, Malvidin: 22.94mg, Malvidin: 22.94mg, Malvidin: 22.94mg Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg Peonidin: 20.63mg, Peonidin: 20.63mg, Peonidin: 20.63mg, Peonidin: 20.63mg Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 2.65mg, Myricetin: 2.65mg, Myricetin: 2.65mg, Myricetin: 2.65mg Quercetin: 9.98mg, Quercetin: 9.98mg, Quercetin: 9.98mg, Quercetin: 9.98mg

Nutrients (% of daily need)

Calories: 245.26kcal (12.26%), Fat: 0.51g (0.79%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 54.26g (18.09%), Net Carbohydrates: 31.25g (11.36%), Sugar: 17.99g (19.99%), Cholesterol: 0mg (0%), Sodium: 7.58mg (0.33%), Alcohol: 3.67g (100%), Alcohol %: 1.8% (100%), Protein: 1.85g (3.7%), Vitamin C: 355.07mg (430.39%), Fiber: 23.01g (92.05%), Vitamin A: 3582.14IU (71.64%), Manganese: 1.03mg (51.25%), Vitamin E: 5.69mg (37.96%), Vitamin K: 26.11µg (24.86%), Magnesium: 66.1mg (16.52%), Calcium: 148.57mg (14.86%), Potassium: 514.43mg (14.7%), Vitamin B2: 0.17mg (10.22%), Vitamin B5: 0.82mg (8.24%), Copper: 0.16mg (8.11%), Phosphorus: 68.78mg (6.88%), Vitamin B6: 0.13mg (6.69%), Iron: 1.17mg (6.52%), Vitamin B3: 1.24mg (6.21%), Vitamin B1: 0.04mg (2.63%), Zinc: 0.32mg (2.1%), Folate: 5.74µg (1.44%)