

Stone-Fruit Sangria



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



210 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 apricots
- ☐ 2 apricots
- ☐ 20 cherries fresh
- ☐ 2 cups st. germain chilled (such as St-Germain)
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 nectarines
- ☐ 1 peaches
- ☐ 3 pluots

- ☐ 1500 milliliter rose hips dry chilled (such as Côtes de Provence)
- ☐ 16 servings seltzer water
- ☐ 0.5 vanilla pod halved lengthwise

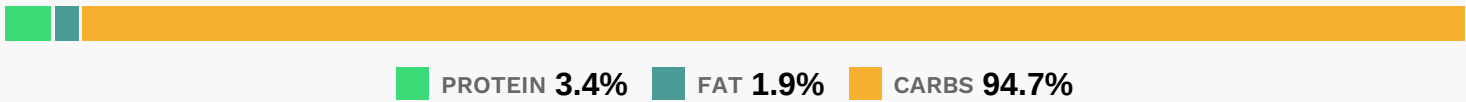
Equipment

- ☐ blender

Directions

- ☐ Peel stone fruit. Halve, pit, and coarsely chop.
- ☐ Place chopped fruit in a mini-processor or blender; add lemon juice. Purée until smooth.
- ☐ Transfer to a large pitcher or jar.
- ☐ Add rosé and elderflower liqueur to fruit purée in pitcher; scrape in seeds from vanilla bean; add bean. Halve and pit all stone fruit.
- ☐ Cut fruit, except cherries, into 1/2" wedges.
- ☐ Add all fruit to pitcher. Chill for at least 1 hour and up to 2 days.
- ☐ Fill glasses with ice; pour in sangria and fruit to fill glasses 2/3 full. Top with sparkling water. Stir and serve.

Nutrition Facts



Properties

Glycemic Index: 11.79, Glycemic Load: 1.47, Inflammation Score: -9, Nutrition Score: 14.053913102202%

Flavonoids

Cyanidin: 3.58mg, Cyanidin: 3.58mg, Cyanidin: 3.58mg, Cyanidin: 3.58mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 1.48mg, Epicatechin: 1.48mg, Epicatechin: 1.48mg, Epicatechin: 1.48mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 210.17kcal (10.51%), Fat: 0.32g (0.49%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 35.8g (11.93%), Net Carbohydrates: 22.92g (8.33%), Sugar: 16.8g (18.67%), Cholesterol: 0mg (0%), Sodium: 5.83mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.57%), Vitamin C: 217.38mg (263.5%), Fiber: 12.88g (51.54%), Vitamin A: 2410.14IU (48.2%), Manganese: 0.54mg (27.05%), Vitamin E: 3.18mg (21.23%), Vitamin K: 14.1µg (13.43%), Magnesium: 38.95mg (9.74%), Calcium: 88.09mg (8.81%), Potassium: 291.73mg (8.34%), Vitamin B2: 0.1mg (5.73%), Vitamin B3: 0.99mg (4.93%), Vitamin B5: 0.49mg (4.88%), Copper: 0.09mg (4.51%), Phosphorus: 41.13mg (4.11%), Iron: 0.68mg (3.79%), Vitamin B6: 0.05mg (2.72%), Vitamin B1: 0.02mg (1.43%), Zinc: 0.21mg (1.38%), Folate: 4.5µg (1.13%)