

Stone-Fruit Sangria



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



214 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



1 nectarines



2 nectarines



1 peaches

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

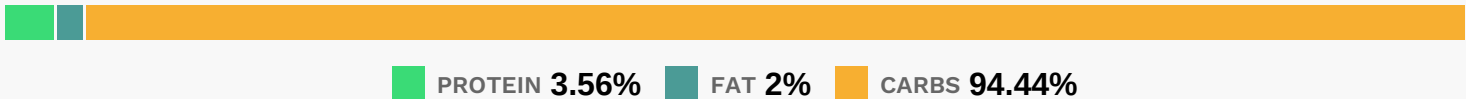
Equipment

- ☐ 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:14.47, Glycemic Load:1.76, Inflammation Score:-9, Nutrition Score:14.250000047943%

Flavonoids

Cyanidin: 3.77mg, Cyanidin: 3.77mg, Cyanidin: 3.77mg, Cyanidin: 3.77mg 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: 1.93mg, Catechin: 1.93mg, Catechin: 1.93mg, Catechin: 1.93mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg 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

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: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 213.63kcal (10.68%), Fat: 0.34g (0.53%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 36.62g (12.21%), Net Carbohydrates: 23.6g (8.58%), Sugar: 17.5g (19.45%), Cholesterol: 0mg (0%), Sodium: 6.99mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Vitamin C: 217.64mg (263.81%), Fiber: 13.02g (52.07%), Vitamin A: 2439.6IU (48.79%), Manganese: 0.55mg (27.28%), Vitamin E: 3.24mg (21.59%), Vitamin K: 14.27µg (13.59%), Magnesium: 39.75mg (9.94%), Calcium: 88.27mg (8.83%), Potassium: 303.36mg (8.67%), Vitamin B2: 0.1mg (5.87%), Vitamin B3: 1.08mg (5.42%), Vitamin B5: 0.5mg (5.04%), Copper: 0.1mg (4.87%), Phosphorus: 43.44mg (4.34%), Iron: 0.71mg (3.94%), Vitamin B6: 0.06mg (2.83%), Vitamin B1: 0.02mg (1.63%), Zinc: 0.23mg (1.5%), Folate: 5.04µg (1.26%)