



Strawberry and Peach Sangria

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



135 min.

SERVINGS



8

CALORIES



161 kcal

BEVERAGE

DRINK

Ingredients

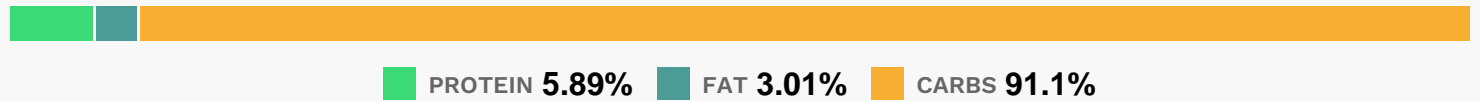
- 750 ml wine dry white
- 3 cups ice cubes
- 1 large optional: lemon
- 1 large cranberry-orange relish
- 1 cup peaches
- 3 peaches cut into 12 slices
- 0.3 cup karo syrup
- 1.5 cups strawberries sliced

Equipment

Directions

- Mix white wine, Essensia, strawberries, peach liqueur, peaches, orange slices, lemon slices, and strawberry syrup in large pitcher, smashing citrus slices slightly.
- Let stand at room temperature at least 2 hours or chill up to 4 hours.
- Serve sangria over ice.
- Strawberry syrup can be found near the maple syrup at some supermarkets and specialty foods stores.

Nutrition Facts



Properties

Glycemic Index:25.44, Glycemic Load:4.74, Inflammation Score:-6, Nutrition Score:6.2986956471982%

Flavonoids

Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 5.29mg, Catechin: 5.29mg, Catechin: 5.29mg, Catechin: 5.29mg Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 10.41mg, Hesperetin: 10.41mg, Hesperetin: 10.41mg, Hesperetin: 10.41mg Naringenin: 4.03mg, Naringenin: 4.03mg, Naringenin: 4.03mg, Naringenin: 4.03mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Nutrients (% of daily need)

Calories: 160.98kcal (8.05%), Fat: 0.35g (0.54%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 24.01g (8%), Net Carbohydrates: 21.41g (7.78%), Sugar: 17.4g (19.33%), Cholesterol: 0mg (0%), Sodium: 27.11mg (1.18%), Alcohol: 9.8g (100%), Alcohol %: 3.72% (100%), Protein: 1.55g (3.11%), Vitamin C: 38.36mg (46.5%), Manganese: 0.27mg (13.57%), Fiber: 2.6g (10.41%), Potassium: 261.2mg (7.46%), Vitamin A: 304.09IU (6.08%), Magnesium: 23.33mg (5.83%), Copper: 0.11mg (5.26%), Vitamin B6: 0.1mg (5.19%), Folate: 20.35µg (5.09%), Vitamin E: 0.69mg (4.61%), Phosphorus: 45.59mg (4.56%), Vitamin B3: 0.89mg (4.47%), Iron: 0.73mg (4.05%), Calcium: 38.38mg (3.84%), Vitamin B1: 0.05mg (3.65%), Vitamin B2: 0.06mg (3.27%), Vitamin K: 3.24µg (3.09%), Selenium: 1.96µg (2.8%), Vitamin B5: 0.28mg (2.75%), Zinc: 0.36mg (2.39%)