



Strawberry and Peach Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



8

CALORIES



233 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

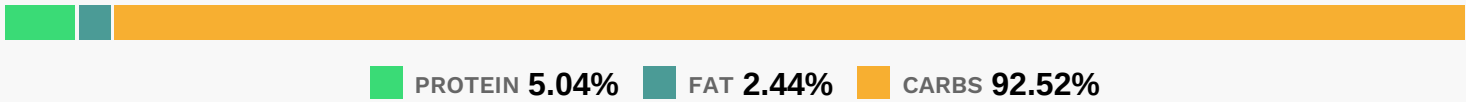
1.5 cups vin santo sweet (orange Muscat, a dessert wine)

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:-7, Nutrition Score:6.7078260546145%

Flavonoids

Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg Petunidin: 3.01mg, Petunidin: 3.01mg, Petunidin: 3.01mg, Petunidin: 3.01mg Delphinidin: 1.84mg, Delphinidin: 1.84mg, Delphinidin: 1.84mg, Delphinidin: 1.84mg Malvidin: 42.73mg, Malvidin: 42.73mg, Malvidin: 42.73mg, Malvidin: 42.73mg Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg Peonidin: 1.78mg, Peonidin: 1.78mg, Peonidin: 1.78mg, Peonidin: 1.78mg Catechin: 9.72mg, Catechin: 9.72mg, Catechin: 9.72mg, Catechin: 9.72mg Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg Epicatechin: 5.81mg, Epicatechin: 5.81mg, Epicatechin: 5.81mg, Epicatechin: 5.81mg 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: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 232.98kcal (11.65%), Fat: 0.35g (0.54%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 30.17g (10.06%), Net Carbohydrates: 27.57g (10.03%), Sugar: 20.9g (23.22%), Cholesterol: 0mg (0%), Sodium: 31.16mg (1.35%), Alcohol: 16.68g (100%), Alcohol %: 5.59% (100%), Protein: 1.64g (3.29%), Vitamin C: 38.36mg (46.5%), Manganese: 0.32mg (16.24%), Fiber: 2.6g (10.41%), Potassium: 302.6mg (8.65%), Magnesium: 27.38mg (6.84%), Copper: 0.13mg (6.27%), Vitamin A: 304.09IU (6.08%), Vitamin B6: 0.1mg (5.19%), Folate: 20.35µg (5.09%), Phosphorus: 49.64mg (4.96%), Vitamin B3: 0.99mg (4.95%), Iron: 0.84mg (4.65%), Vitamin E: 0.69mg (4.61%), Calcium: 41.98mg (4.2%), Vitamin B1: 0.06mg (4.19%), Vitamin B2: 0.06mg (3.74%), Selenium: 2.18µg (3.12%), Vitamin K: 3.24µg (3.09%), Vitamin B5: 0.29mg (2.9%), Zinc: 0.39mg (2.6%)