



## Strawberry Sangría

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



272 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 20 oz strawberries frozen thawed sliced
- 12 oz fruit cocktail in juice frozen thawed canned
- 1500 ml white zinfandel wine chilled
- 48 oz coca-cola chilled canned
- 6 strawberries fresh whole halved

## Equipment

- bowl
- sieve

# Directions

- To make strawberry puree, place strainer over medium bowl; pour strawberries and syrup into strainer. Press mixture with back of spoon through strainer to remove seeds; discard seeds.
- In 3-quart nonmetal bowl or pitcher, mix strawberry puree, fruit juice concentrate and wine.
- Just before serving, stir in carbonated beverage.
- Serve in wine glasses over ice.
- Garnish each serving with strawberry half.

# Nutrition Facts

**PROTEIN 1.96%** **FAT 1.35%** **CARBS 96.69%**

# Properties

Glycemic Index:15.31, Glycemic Load:9.32, Inflammation Score:-6, Nutrition Score:4.5852173152177%

# Flavonoids

Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg Petunidin: 8.33mg, Petunidin: 8.33mg, Petunidin: 8.33mg, Petunidin: 8.33mg Delphinidin: 5.03mg, Delphinidin: 5.03mg, Delphinidin: 5.03mg, Delphinidin: 5.03mg Malvidin: 118.25mg, Malvidin: 118.25mg, Malvidin: 118.25mg, Malvidin: 118.25mg Pelargonidin: 13.23mg, Pelargonidin: 13.23mg, Pelargonidin: 13.23mg, Pelargonidin: 13.23mg Peonidin: 4.93mg, Peonidin: 4.93mg, Peonidin: 4.93mg, Peonidin: 4.93mg Catechin: 14.3mg, Catechin: 14.3mg, Catechin: 14.3mg, Catechin: 14.3mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 10.99mg, Epicatechin: 10.99mg, Epicatechin: 10.99mg, Epicatechin: 10.99mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

# Nutrients (% of daily need)

Calories: 271.54kcal (13.58%), Fat: 0.22g (0.34%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 35.22g (11.74%), Net Carbohydrates: 34.09g (12.4%), Sugar: 25.2g (28%), Cholesterol: 0mg (0%), Sodium: 17.42mg (0.76%), Alcohol: 19.08g (100%), Alcohol %: 7.56% (100%), Caffeine: 9.07mg (3.02%), Protein: 0.71g (1.43%), Vitamin C: 31.57mg (38.26%), Manganese: 0.38mg (18.86%), Potassium: 227.09mg (6.49%), Magnesium: 19.56mg (4.89%), Fiber: 1.12g (4.49%), Copper: 0.09mg (4.31%), Iron: 0.68mg (3.76%), Phosphorus: 37.33mg (3.73%), Folate: 12.78µg (3.19%),

Vitamin B1: 0.04mg (2.75%), Vitamin B3: 0.49mg (2.46%), Calcium: 23.03mg (2.3%), Vitamin B2: 0.04mg (2.29%),  
Vitamin B6: 0.03mg (1.51%), Selenium: 0.98µg (1.4%), Zinc: 0.19mg (1.27%), Vitamin B5: 0.12mg (1.2%), Vitamin K:  
1.17µg (1.12%), Vitamin E: 0.16mg (1.05%)