



Strawberry Sangría



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



385 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 48 oz lemon lime soda chilled canned
- ☐ 12 oz fruit cocktail in juice frozen thawed canned
- ☐ 20 oz karo syrup frozen thawed sliced
- ☐ 6 strawberries fresh whole halved
- ☐ 1500 ml white zinfandel wine chilled

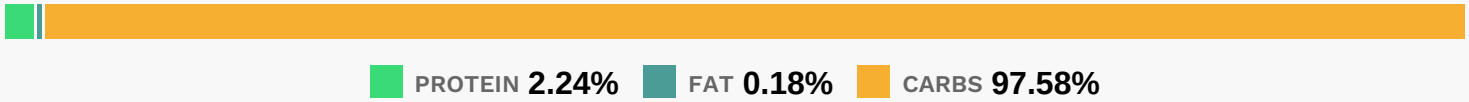
Equipment

- ☐ 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



Properties

Glycemic Index:6.73, Glycemic Load:1.42, Inflammation Score:-5, Nutrition Score:1.8704347761105%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 8.27mg, Petunidin: 8.27mg, Petunidin: 8.27mg, Petunidin: 8.27mg Delphinidin: 4.88mg, Delphinidin: 4.88mg, Delphinidin: 4.88mg, Delphinidin: 4.88mg Malvidin: 118.24mg, Malvidin: 118.24mg, Malvidin: 118.24mg, Malvidin: 118.24mg Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg Peonidin: 4.9mg, Peonidin: 4.9mg, Peonidin: 4.9mg, Peonidin: 4.9mg Catechin: 12.84mg, Catechin: 12.84mg, Catechin: 12.84mg, Catechin: 12.84mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 10.79mg, Epicatechin: 10.79mg, Epicatechin: 10.79mg, Epicatechin: 10.79mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg

Nutrients (% of daily need)

Calories: 384.75kcal (19.24%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 67.44g (22.48%), Net Carbohydrates: 67.26g (24.46%), Sugar: 52.4g (58.22%), Cholesterol: 0mg (0%), Sodium: 57.3mg (2.49%), Alcohol: 19.08g (100%), Alcohol %: 7.56% (100%), Caffeine: 17.01mg (5.67%), Protein: 1.54g (3.09%), Manganese: 0.19mg (9.63%), Calcium: 46.97mg (4.7%), Vitamin C: 3.78mg (4.59%), Potassium: 153.66mg (4.39%), Magnesium: 14.55mg (3.64%), Copper: 0.06mg (3.12%), Iron: 0.38mg (2.11%), Vitamin B1: 0.03mg (1.99%), Vitamin B2: 0.03mg (1.68%), Vitamin B3: 0.33mg (1.63%), Phosphorus: 14.65mg (1.46%)