



 **7%**
HEALTH SCORE

Summer Fruit Sangria

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



269 kcal

BEVERAGE

DRINK

Ingredients

- 2 bottles cooking wine dry red
- 1 cup brandy
- 0.5 cup triple sec
- 2 cups orange juice
- 0.5 cup simple syrup glaze
- 10 servings peaches sliced
- 10 servings cranberry-orange relish halved cut into rings
- 1 handful blueberries

1 cubes ice for added touch! (freeze edible flowers in your cubes)

Equipment

Directions

Combine all ingredients in a large jug or beverage container.

Refrigerate at least 24 hours and serve.

Nutrition Facts

PROTEIN 5.02% **FAT 2.89%** **CARBS 92.09%**

Properties

Glycemic Index:20.48, Glycemic Load:11.78, Inflammation Score:-8, Nutrition Score:11.417826086957%

Flavonoids

Cyanidin: 3.51mg, Cyanidin: 3.51mg, Cyanidin: 3.51mg, Cyanidin: 3.51mg Petunidin: 2.36mg, Petunidin: 2.36mg, Petunidin: 2.36mg, Petunidin: 2.36mg Delphinidin: 2.66mg, Delphinidin: 2.66mg, Delphinidin: 2.66mg, Delphinidin: 2.66mg Malvidin: 5.07mg, Malvidin: 5.07mg, Malvidin: 5.07mg, Malvidin: 5.07mg Peonidin: 1.52mg, Peonidin: 1.52mg, Peonidin: 1.52mg, Peonidin: 1.52mg Catechin: 7.78mg, Catechin: 7.78mg, Catechin: 7.78mg, Catechin: 7.78mg Epigallocatechin: 1.61mg, Epigallocatechin: 1.61mg, Epigallocatechin: 1.61mg, Epigallocatechin: 1.61mg Epicatechin: 3.56mg, Epicatechin: 3.56mg, Epicatechin: 3.56mg, Epicatechin: 3.56mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 30.45mg, Hesperetin: 30.45mg, Hesperetin: 30.45mg, Hesperetin: 30.45mg Naringenin: 14.85mg, Naringenin: 14.85mg, Naringenin: 14.85mg, Naringenin: 14.85mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 269.19kcal (13.46%), Fat: 0.67g (1.03%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 48.15g (16.05%), Net Carbohydrates: 43.46g (15.8%), Sugar: 42.05g (46.72%), Cholesterol: 0mg (0%), Sodium: 31.04mg (1.35%), Alcohol: 11.1g (61.69%), Caffeine: 3.07mg (1.02%), Protein: 2.63g (5.25%), Vitamin C: 79.59mg (96.47%), Fiber: 4.69g (18.76%), Vitamin A: 796.7IU (15.93%), Potassium: 465.88mg (13.31%), Folate: 51.39µg (12.85%), Vitamin B1: 0.19mg (12.37%), Copper: 0.2mg (9.84%), Vitamin E: 1.32mg (8.8%), Vitamin B3: 1.73mg (8.65%), Manganese: 0.15mg (7.64%), Iron: 1.34mg (7.47%), Magnesium: 28.99mg (7.25%), Vitamin B2: 0.11mg (6.65%), Phosphorus: 58.04mg (5.8%), Vitamin B6: 0.12mg (5.78%), Vitamin K: 6µg (5.71%), Vitamin B5: 0.56mg (5.58%), Selenium: 3.81µg (5.45%),

Calcium: 50.27mg (5.03%), Zinc: 0.49mg (3.27%)