



Summer Fruit Sangria Sparkler

 Gluten Free  Dairy Free

READY IN



375 min.

SERVINGS



8

CALORIES



254 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 cups boysenberries fresh
- ☐ 1.5 cups cherries pitted
- ☐ 4 cups 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 4 cups ginger ale
- ☐ 1 lime cut into thin slices
- ☐ 1 cranberry-orange relish cut into thin slices
- ☐ 1.5 cups raspberries fresh
- ☐ 1 cup rhubarb fresh thinly sliced

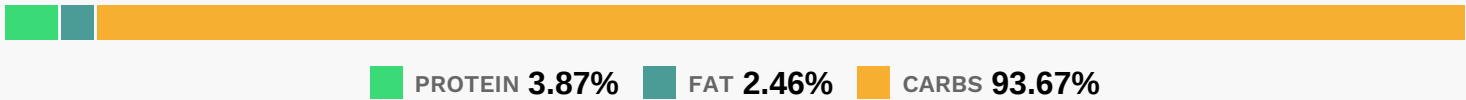
4 cups red wine sweet spanish

Equipment

Directions

- Into large pitcher, pour wine and cranberry-raspberry juice.
- Add all fruit. Refrigerate 6 hours or overnight.
- Just before serving, add ginger ale to pitcher.
- Serve chilled.

Nutrition Facts



Properties

Glycemic Index:33.69, Glycemic Load:17.58, Inflammation Score:-7, Nutrition Score:9.0134782272836%

Flavonoids

Cyanidin: 18.34mg, Cyanidin: 18.34mg, Cyanidin: 18.34mg, Cyanidin: 18.34mg Petunidin: 2.45mg, Petunidin: 2.45mg, Petunidin: 2.45mg, Petunidin: 2.45mg Delphinidin: 2.71mg, Delphinidin: 2.71mg, Delphinidin: 2.71mg, Delphinidin: 2.71mg Malvidin: 16.64mg, Malvidin: 16.64mg, Malvidin: 16.64mg, Malvidin: 16.64mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 1.92mg, Peonidin: 1.92mg, Peonidin: 1.92mg, Peonidin: 1.92mg Catechin: 10.32mg, Catechin: 10.32mg, Catechin: 10.32mg, Catechin: 10.32mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 6.71mg, Epicatechin: 6.71mg, Epicatechin: 6.71mg, Epicatechin: 6.71mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Hesperetin: 8.82mg, Hesperetin: 8.82mg, Hesperetin: 8.82mg, Hesperetin: 8.82mg Naringenin: 4.92mg, Naringenin: 4.92mg, Naringenin: 4.92mg, Naringenin: 4.92mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 254.1kcal (12.7%), Fat: 0.49g (0.76%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 42.24g (14.08%), Net Carbohydrates: 37.89g (13.78%), Sugar: 34.4g (38.23%), Cholesterol: 0mg (0%), Sodium: 16.84mg (0.73%), Alcohol: 12.72g (100%), Alcohol %: 3.38% (100%), Protein: 1.74g (3.49%), Vitamin C: 32.61mg (39.52%), Manganese: 0.51mg (25.63%), Fiber: 4.35g (17.38%), Vitamin K: 15.68µg (14.93%), Vitamin E: 2.04mg (13.58%), Potassium: 458.91mg (13.11%), Magnesium: 38.9mg (9.72%), Vitamin B6: 0.19mg (9.51%), Iron: 1.64mg (9.11%), Copper: 0.18mg (8.78%), Folate: 30.47µg (7.62%), Phosphorus: 68.62mg (6.86%), Calcium: 61.36mg (6.14%), Vitamin B2: 0.1mg (5.82%), Vitamin B1: 0.06mg (4.3%), Vitamin B3: 0.86mg (4.28%), Zinc: 0.56mg (3.71%), Vitamin A: 156.48IU (3.13%), Vitamin B5: 0.3mg (2.95%), Selenium: 0.86µg (1.23%)