



Summer Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



104 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 10 servings ice cubes
- ☐ 2 kiwi fruit peeled sliced
- ☐ 1 mangos peeled thinly sliced
- ☐ 1 cup raspberries
- ☐ 0.5 cup passion fruit rum
- ☐ 750 milliliter sauvignon blanc white wine
- ☐ 10 servings simple syrup glaze
- ☐ 0.3 cup frangelico sweet sour

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Equipment

Directions

- Combine first 6 ingredients in a large pitcher. Cover and chill at least 2 hours.
- Add ice; serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.04, Glycemic Load:3.12, Inflammation Score:-6, Nutrition Score:4.4321738533352%

Flavonoids

Cyanidin: 5.51mg, Cyanidin: 5.51mg, Cyanidin: 5.51mg, Cyanidin: 5.51mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 103.95kcal (5.2%), Fat: 0.32g (0.49%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 12.11g (4.04%), Net Carbohydrates: 9.22g (3.35%), Sugar: 7.06g (7.84%), Cholesterol: 0mg (0%), Sodium: 7.92mg (0.34%), Alcohol: 7.86g (100%), Alcohol %: 5.12% (100%), Protein: 0.82g (1.64%), Vitamin C: 27.81mg (33.71%), Fiber: 2.88g (11.54%), Vitamin K: 9.22µg (8.78%), Vitamin A: 393.86IU (7.88%), Manganese: 0.11mg (5.56%), Folate: 17.81µg (4.45%), Copper: 0.08mg (3.87%), Potassium: 130.63mg (3.73%), Vitamin E: 0.53mg (3.53%), Magnesium: 11.7mg (2.93%), Vitamin B6: 0.05mg (2.71%), Vitamin B3: 0.46mg (2.28%), Iron: 0.38mg (2.14%), Phosphorus: 20.67mg (2.07%), Vitamin B2: 0.03mg (1.94%), Calcium: 14.87mg (1.49%), Vitamin B5: 0.11mg (1.14%), Vitamin B1: 0.02mg (1.06%)