



Sunset Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



160 min.

SERVINGS



6

CALORIES



312 kcal

BEVERAGE

DRINK

Ingredients



1 optional: lemon sliced into rounds



1 lime sliced into rounds



1 cranberry-orange relish sliced into rounds



1 cup pineapple juice



6 ounce raspberries fresh



0.5 cup simple syrup glaze



0.3 cup triple sec



0.5 cup vodka

☐ 750 milliliter rosé wine

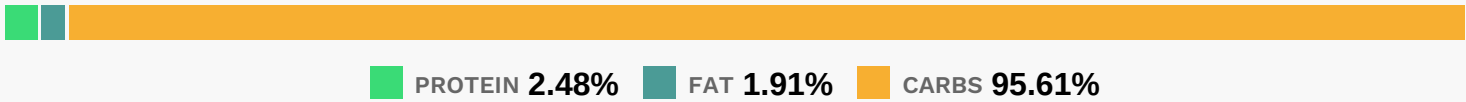
Equipment

☐ bowl

Directions

- ☐ Combine wine, pineapple juice, vodka, triple sec, and simple syrup in a large bowl or pitcher. Refrigerate until chilled, about 1 hour.
- ☐ Stir the oranges, lemons, limes, and raspberries into the chilled sangria at least 30 minutes before serving. The longer the fruit marinates the better.
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:33.67, Glycemic Load:4.65, Inflammation Score:-6, Nutrition Score:7.2986955850021%

Flavonoids

Cyanidin: 12.98mg, Cyanidin: 12.98mg, Cyanidin: 12.98mg, Cyanidin: 12.98mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 15.77mg, Hesperetin: 15.77mg, Hesperetin: 15.77mg, Hesperetin: 15.77mg Naringenin: 3.82mg, Naringenin: 3.82mg, Naringenin: 3.82mg, Naringenin: 3.82mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 311.7kcal (15.58%), Fat: 0.36g (0.56%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 41.02g (13.67%), Net Carbohydrates: 37.76g (13.73%), Sugar: 32.58g (36.2%), Cholesterol: 0mg (0%), Sodium: 25.27mg (1.1%), Alcohol:

22.42g (100%), Alcohol %: 9.37% (100%), Protein: 1.06g (2.12%), Vitamin C: 35.77mg (43.35%), Manganese: 0.56mg (27.94%), Fiber: 3.26g (13.05%), Iron: 2mg (11.12%), Potassium: 316.07mg (9.03%), Magnesium: 32.3mg (8.08%), Vitamin B6: 0.16mg (7.79%), Vitamin B1: 0.11mg (7.04%), Folate: 23.72µg (5.93%), Phosphorus: 48.51mg (4.85%), Copper: 0.1mg (4.84%), Vitamin B2: 0.08mg (4.83%), Calcium: 43.19mg (4.32%), Vitamin B3: 0.6mg (3.01%), Zinc: 0.42mg (2.81%), Vitamin B5: 0.28mg (2.75%), Vitamin E: 0.35mg (2.3%), Vitamin K: 2.4µg (2.28%), Vitamin A: 69.99IU (1.4%), Selenium: 0.8µg (1.15%)