



Tailgating Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



24

CALORIES



210 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 12 ounces apple liqueur sour
- ☐ 4 apples sliced
- ☐ 24 cups ice cubes
- ☐ 24 lemon wheels
- ☐ 16 ounces juice of lemon fresh
- ☐ 24 ounces lemon lime soda
- ☐ 24 ounces rum light
- ☐ 24 lime wheels

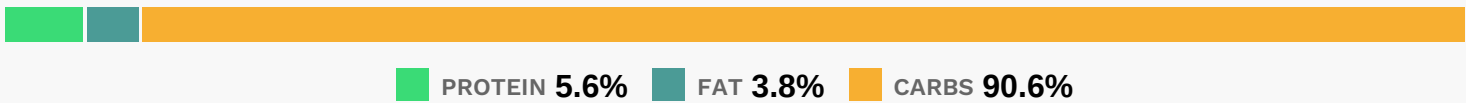
- ☐ 24 ounces juice of lime fresh
- ☐ 12 ounces peach schnapps
- ☐ 4 peaches sliced
- ☐ 24 ounces soda water
- ☐ 4 bottles white wine recommended Sauvignon Blanc

Equipment

Directions

- ☐ cups simple syrup (equal amounts sugar and water, heated until sugar dissolves; cooled);
- ☐ In a 2 1/2 gallon bottled water container or other large vessel, add the ice, then the fruit and follow with the liquids. Cover the top and shake well. Invert onto the dispenser and serve immediately.

Nutrition Facts



Properties

Glycemic Index:7.36, Glycemic Load:5.94, Inflammation Score:-7, Nutrition Score:9.5117391347885%

Flavonoids

Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 3.94mg, Epicatechin: 3.94mg, Epicatechin: 3.94mg, Epicatechin: 3.94mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 24.61mg, Eriodictyol: 24.61mg, Eriodictyol: 24.61mg, Eriodictyol: 24.61mg Hesperetin: 64.22mg, Hesperetin: 64.22mg, Hesperetin: 64.22mg, Hesperetin: 64.22mg Naringenin: 3.24mg, Naringenin: 3.24mg, Naringenin: 3.24mg, Naringenin: 3.24mg Luteolin: 2.11mg, Luteolin: 2.11mg, Luteolin: 2.11mg, Luteolin: 2.11mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

Nutrients (% of daily need)

Calories: 209.98kcal (10.5%), Fat: 0.67g (1.03%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 35.76g (11.92%), Net Carbohydrates: 29.25g (10.64%), Sugar: 17.69g (19.66%), Cholesterol: 0mg (0%), Sodium: 28.85mg (1.25%), Alcohol: 9.49g (100%), Alcohol %: 1.92% (100%), Caffeine: 4.25mg (1.42%), Protein: 2.21g (4.42%), Vitamin C: 95.63mg (115.91%), Fiber: 6.51g (26.05%), Potassium: 349.56mg (9.99%), Copper: 0.17mg (8.56%), Vitamin B6: 0.16mg (7.97%), Iron: 1.25mg (6.94%), Calcium: 68.05mg (6.8%), Folate: 26.69µg (6.67%), Vitamin B1: 0.09mg (6.01%), Magnesium: 23.22mg (5.81%), Vitamin B5: 0.48mg (4.76%), Phosphorus: 46.35mg (4.64%), Vitamin E: 0.66mg (4.42%), Manganese: 0.08mg (4.07%), Vitamin B2: 0.06mg (3.68%), Vitamin A: 178.1IU (3.56%), Vitamin B3: 0.55mg (2.75%), Vitamin K: 2.3µg (2.19%), Zinc: 0.31mg (2.08%), Selenium: 1.27µg (1.82%)