



Tequila Sunrise Sangria

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



234 kcal

BEVERAGE

DRINK

Ingredients

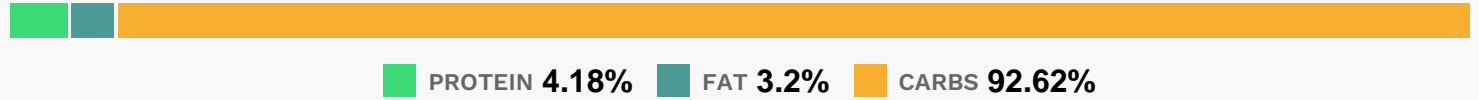
- 1 bosc pear cored cut into 1/2-inch pieces
- 2 cups lemon lime soda (or ginger ale)
- 1 lime
- 1 cranberry-orange relish
- 3 cups sparkling wine (or cava, or other sparkling wine)
- 0.5 pint raspberries
- 1 cup tequila

Equipment

Directions

- Slice half the orange into circles then slice in half to form half moons. Squeeze the second half into a large pitcher filled with ice. Do the same with the lime.
- Add the Prosecco, soda, and tequila to the pitcher and gently combine.
- Add fruit and serve.

Nutrition Facts



Properties

Glycemic Index:25.38, Glycemic Load:3.02, Inflammation Score:-6, Nutrition Score:5.4608696103096%

Flavonoids

Cyanidin: 18.66mg, Cyanidin: 18.66mg, Cyanidin: 18.66mg, Cyanidin: 18.66mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 2.5mg, Epicatechin: 2.5mg, Epicatechin: 2.5mg, Epicatechin: 2.5mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Hesperetin: 10.75mg, Hesperetin: 10.75mg, Hesperetin: 10.75mg, Hesperetin: 10.75mg Naringenin: 3.72mg, Naringenin: 3.72mg, Naringenin: 3.72mg, Naringenin: 3.72mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 233.5kcal (11.67%), Fat: 0.35g (0.53%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 22.53g (7.51%), Net Carbohydrates: 18.21g (6.62%), Sugar: 16.24g (18.04%), Cholesterol: 0mg (0%), Sodium: 17.44mg (0.76%), Alcohol: 20.91g (100%), Alcohol %: 7.82% (100%), Caffeine: 11.8mg (3.93%), Protein: 1.02g (2.03%), Vitamin C: 26.47mg (32.09%), Fiber: 4.32g (17.28%), Manganese: 0.29mg (14.6%), Potassium: 250.29mg (7.15%), Magnesium: 26.19mg (6.55%), Iron: 0.92mg (5.1%), Copper: 0.1mg (4.91%), Folate: 18.98µg (4.75%), Vitamin K: 4.45µg (4.24%), Phosphorus: 39.36mg (3.94%), Calcium: 37.14mg (3.71%), Vitamin B6: 0.07mg (3.61%), Vitamin E: 0.44mg (2.95%),

Vitamin B2: 0.05mg (2.77%), Vitamin B1: 0.04mg (2.73%), Vitamin B3: 0.5mg (2.51%), Zinc: 0.34mg (2.27%), Vitamin B5: 0.22mg (2.23%), Vitamin A: 75.14IU (1.5%)