



## Vampire Sangria

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



130 min.

SERVINGS



6

CALORIES



99 kcal

BEVERAGE

DRINK

### Ingredients

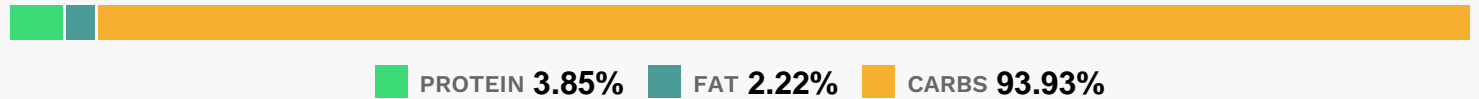
- 1 apples sliced
- 2 cups club soda cold
- 1 lime sliced
- 1 navel oranges sliced
- 2 cups red wine
- 2 cups water cold

### Equipment

# Directions

- Add water and wine to drink mix in 2-qt. plastic or glass pitcher; stir until mix is completely dissolved.
- Stir in all remaining ingredients except club soda. Refrigerate several hours or until chilled.
- Add club soda just before serving; stir.
- Serve over ice.

# Nutrition Facts



# Properties

Glycemic Index:13.17, Glycemic Load:1.69, Inflammation Score:-5, Nutrition Score:3.2482608725195%

# Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Petunidin: 1.58mg, Petunidin: 1.58mg, Petunidin: 1.58mg, Petunidin: 1.58mg Delphinidin: 1.61mg, Delphinidin: 1.61mg, Delphinidin: 1.61mg, Delphinidin: 1.61mg Malvidin: 11.07mg, Malvidin: 11.07mg, Malvidin: 11.07mg, Malvidin: 11.07mg Peonidin: 1.01mg, Peonidin: 1.01mg, Peonidin: 1.01mg, Peonidin: 1.01mg Catechin: 6.11mg, Catechin: 6.11mg, Catechin: 6.11mg, Catechin: 6.11mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 5.32mg, Epicatechin: 5.32mg, Epicatechin: 5.32mg, Epicatechin: 5.32mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 10.41mg, Hesperetin: 10.41mg, Hesperetin: 10.41mg, Hesperetin: 10.41mg Naringenin: 3.45mg, Naringenin: 3.45mg, Naringenin: 3.45mg, Naringenin: 3.45mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg Gallic acid: 0.06mg, Gallic acid: 0.06mg, Gallic acid: 0.06mg, Gallic acid: 0.06mg

# Nutrients (% of daily need)

Calories: 98.56kcal (4.93%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 10.37g (3.46%), Net Carbohydrates: 8.82g (3.21%), Sugar: 5.82g (6.47%), Cholesterol: 0mg (0%), Sodium: 24.46mg (1.06%), Alcohol: 8.48g (100%), Alcohol %: 3.55% (100%), Protein: 0.43g (0.85%), Vitamin C: 18.43mg (22.35%), Manganese: 0.12mg (6.23%), Fiber: 1.55g (6.22%), Potassium: 185.76mg (5.31%), Vitamin B6: 0.08mg (4.06%), Magnesium: 15.93mg (3.98%), Phosphorus: 29.11mg (2.91%), Iron: 0.51mg (2.83%), Calcium: 28.25mg (2.82%), Vitamin B2: 0.05mg

(2.75%), Folate: 10.54µg (2.63%), Copper: 0.05mg (2.53%), Vitamin B1: 0.03mg (1.89%), Vitamin B3: 0.33mg (1.64%),  
Vitamin A: 81.2IU (1.62%), Zinc: 0.24mg (1.61%), Vitamin B5: 0.13mg (1.28%)