



## Watermelon and Blackberry Sangria

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



202 kcal

BEVERAGE

DRINK

### Ingredients

- 1 cup blackberries
- 4 cups ice cubes
- 3 tablespoons lime fresh
- 1 lime sliced into thin circles
- 2 cups cooking sherry
- 0.3 cup sugar
- 0.3 cup water
- 1.5 cups watermelon cubed

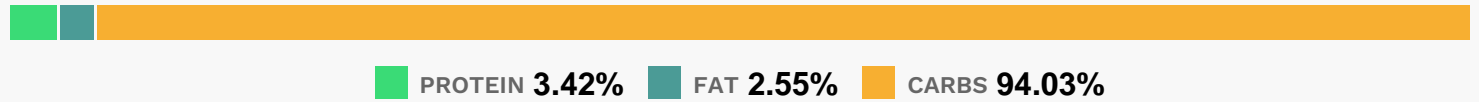
# Equipment

- sauce pan

# Directions

- In a small saucepan, bring sugar and water to a boil. Stir until sugar is dissolved and remove from heat.
- Let cool to room temperature.
- In a large pitcher, combine sugar syrup, lime juice, watermelon, blackberries, and sherry. Refrigerate at least 30 minutes and up to 3 hours.
- Add lime slices to pitcher along with ice.
- Add seltzer and stir gently to combine.
- Serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:62.19, Glycemic Load:16.06, Inflammation Score:-7, Nutrition Score:5.6152174472809%

# Flavonoids

Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 14.27mg, Catechin: 14.27mg, Catechin: 14.27mg, Catechin: 14.27mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Hesperetin: 9.62mg, Hesperetin: 9.62mg, Hesperetin: 9.62mg, Hesperetin: 9.62mg Naringenin: 1.18mg, Naringenin: 1.18mg, Naringenin: 1.18mg, Naringenin: 1.18mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

# Nutrients (% of daily need)

Calories: 201.52kcal (10.08%), Fat: 0.36g (0.55%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 29.71g (9.9%), Net Carbohydrates: 26.98g (9.81%), Sugar: 23.44g (26.04%), Cholesterol: 0mg (0%), Sodium: 20.34mg (0.88%), Alcohol: 12.36g (100%), Alcohol %: 3.09% (100%), Protein: 1.08g (2.16%), Vitamin C: 18.36mg (22.26%), Manganese: 0.4mg (19.85%), Fiber: 2.73g (10.92%), Vitamin A: 411.99IU (8.24%), Vitamin K: 7.79µg (7.42%), Copper: 0.14mg (7.21%), Magnesium: 28.74mg (7.18%), Potassium: 229.37mg (6.55%), Vitamin B6: 0.11mg (5.28%), Iron: 0.82mg (4.55%), Calcium: 40.1mg (4.01%), Phosphorus: 39.62mg (3.96%), Folate: 13.61µg (3.4%), Vitamin E: 0.5mg (3.31%), Vitamin B5: 0.33mg (3.25%), Zinc: 0.44mg (2.95%), Vitamin B2: 0.05mg (2.75%), Vitamin B1: 0.04mg (2.56%), Vitamin B3: 0.51mg (2.53%)