



White Peach Sangria

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



298 kcal

BEVERAGE

DRINK

Ingredients

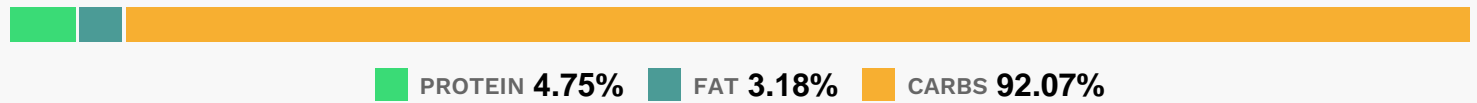
- 3 ounces brandy
- 1 cup orange juice
- 3 ounces peach puree (white with a small amount of water)
- 6 servings peaches (fresh sliced)
- 1 cup pineapple juice
- 2 ounces simple syrup glaze (cooled for 2 minutes in a small saucepan (equal parts sugar and water brought to a boil))
- 2 ounces triple sec
- 1 bottle white wine (spanish (table wine))

Equipment

Directions

- Watch how to make this recipe.
- Place all ingredients in a pitcher and stir to mix. Refrigerate at least 8 hours or up to 48 hours.
- Serve over ice.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:10.66, Inflammation Score:-8, Nutrition Score:8.579565151878%

Flavonoids

Cyanidin: 3.15mg, Cyanidin: 3.15mg, Cyanidin: 3.15mg, Cyanidin: 3.15mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Catechin: 9.04mg, Catechin: 9.04mg, Catechin: 9.04mg, Catechin: 9.04mg Epigallocatechin: 1.71mg, Epigallocatechin: 1.71mg, Epigallocatechin: 1.71mg, Epigallocatechin: 1.71mg Epicatechin: 4.53mg, Epicatechin: 4.53mg, Epicatechin: 4.53mg, Epicatechin: 4.53mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 5.44mg, Hesperetin: 5.44mg, Hesperetin: 5.44mg Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 298.17kcal (14.91%), Fat: 0.6g (0.93%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 39.15g (13.05%), Net Carbohydrates: 36.52g (13.28%), Sugar: 32.33g (35.92%), Cholesterol: 0mg (0%), Sodium: 35.17mg (1.53%), Alcohol: 20.07g (100%), Alcohol %: 6.31% (100%), Protein: 2.02g (4.04%), Vitamin C: 31.33mg (37.98%), Manganese: 0.45mg (22.73%), Vitamin A: 619.84IU (12.4%), Potassium: 431.92mg (12.34%), Fiber: 2.62g (10.5%), Copper: 0.19mg (9.35%), Magnesium: 36.13mg (9.03%), Vitamin B3: 1.73mg (8.63%), Vitamin E: 1.22mg (8.15%), Iron: 1.45mg (8.07%), Vitamin B6: 0.16mg (7.98%), Vitamin B1: 0.12mg (7.95%), Folate: 30.58µg (7.65%), Phosphorus: 70.68mg (7.07%), Vitamin B2: 0.1mg (5.75%), Selenium: 3.75µg (5.35%), Vitamin K: 5.58µg (5.32%), Zinc: 0.62mg (4.12%), Vitamin B5: 0.41mg (4.08%), Calcium: 28.8mg (2.88%)