



White Peach Sangria

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



250 min.

SERVINGS



6

CALORIES



292 kcal

BEVERAGE

DRINK

Ingredients

- 750 milliliter cooking wine dry white
- 0.8 cup grapes green seedless halved
- 6 tablespoons lemonade concentrate frozen thawed
- 1 pound peaches white pitted sliced
- 0.8 cup grapes red seedless halved
- 0.8 cup peach vodka flavored
- 0.3 cup sugar white

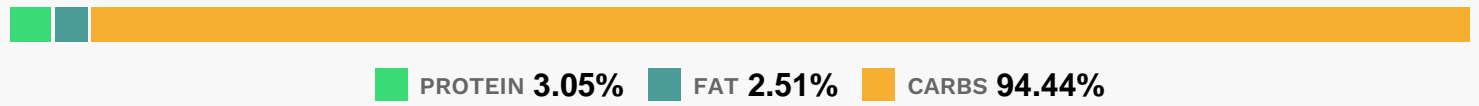
Equipment

slotted spoon

Directions

- In a large pitcher, combine dry white wine, peach vodka, lemonade concentrate and sugar. Stir until sugar is dissolved.
- Add sliced peaches, red and green grapes.
- Refrigerate sangria until well chilled, at least 2 hours, or overnight to blend flavors.
- Serve over ice, and use a slotted spoon to include sliced peaches and grapes with each serving.

Nutrition Facts



Properties

Glycemic Index:38.72, Glycemic Load:11.92, Inflammation Score:-6, Nutrition Score:4.3304347888283%

Flavonoids

Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Catechin: 4.7mg, Catechin: 4.7mg, Catechin: 4.7mg, Catechin: 4.7mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 2.47mg, Epicatechin: 2.47mg, Epicatechin: 2.47mg, Epicatechin: 2.47mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 292.14kcal (14.61%), Fat: 0.39g (0.61%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 33.44g (11.15%), Net Carbohydrates: 31.93g (11.61%), Sugar: 28.31g (31.45%), Cholesterol: 0mg (0%), Sodium: 18.34mg (0.8%), Alcohol: 23.08g (100%), Alcohol %: 9.97% (100%), Protein: 1.08g (2.16%), Manganese: 0.22mg (11.18%), Vitamin K: 8.32µg (7.92%), Potassium: 265.48mg (7.59%), Vitamin C: 6.24mg (7.57%), Fiber: 1.52g (6.07%), Vitamin B6: 0.12mg (5.89%), Copper: 0.12mg (5.87%), Magnesium: 22.41mg (5.6%), Vitamin A: 271.37IU (5.43%), Phosphorus: 49.54mg (4.95%), Vitamin B2: 0.07mg (4.27%), Vitamin E: 0.64mg (4.25%), Iron: 0.76mg (4.2%), Vitamin B3: 0.83mg (4.17%), Vitamin B1: 0.05mg (3.67%), Selenium: 1.86µg (2.66%), Zinc: 0.36mg (2.39%), Vitamin B5: 0.21mg (2.09%), Calcium: 19.33mg (1.93%), Folate: 7.59µg (1.9%)