



## White Peachy Sangria

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



510 min.

SERVINGS



20

CALORIES



226 kcal

BEVERAGE

DRINK

### Ingredients

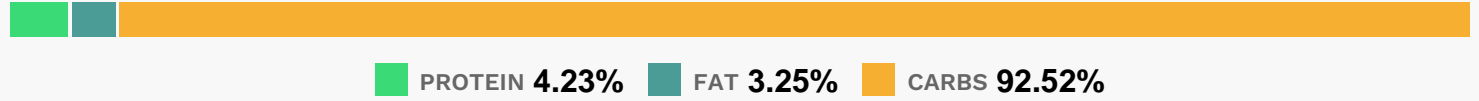
- 1 cup brandy
- 2 mangos peeled seeded sliced
- 1 cup peach schnapps
- 2 peaches fresh pitted sliced
- 0.5 pineapple fresh cored peeled cut into chunks
- 6 ounce raspberries fresh
- 16 ounce strawberries fresh sliced
- 3000 milliliter moscato wine

# Equipment

## Directions

- Stir moscato wine, lemon-lime soda, brandy, peach schnapps, peaches, strawberries, mangos, pineapple chunks, and raspberries together in a large container and chill 8 hours or overnight.

## Nutrition Facts



## Properties

Glycemic Index:12.33, Glycemic Load:4.76, Inflammation Score:-7, Nutrition Score:6.5117390570433%

## Flavonoids

Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 5.72mg, Pelargonidin: 5.72mg, Pelargonidin: 5.72mg, Pelargonidin: 5.72mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 226.05kcal (11.3%), Fat: 0.27g (0.41%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 17.26g (5.75%), Net Carbohydrates: 15.38g (5.59%), Sugar: 11.75g (13.05%), Cholesterol: 0mg (0%), Sodium: 10.42mg (0.45%), Alcohol: 19.83g (100%), Alcohol %: 9.47% (100%), Protein: 0.79g (1.58%), Vitamin C: 34.53mg (41.85%), Manganese: 0.57mg (28.36%), Potassium: 276.16mg (7.89%), Vitamin B6: 0.15mg (7.57%), Fiber: 1.88g (7.52%), Magnesium: 27.54mg (6.89%), Vitamin A: 291.52IU (5.83%), Folate: 22.62µg (5.66%), Iron: 0.87mg (4.83%), Phosphorus: 46.83mg (4.68%), Copper: 0.09mg (4.56%), Vitamin B3: 0.77mg (3.83%), Vitamin B2: 0.06mg (3.73%), Vitamin E: 0.44mg (2.93%), Vitamin B1: 0.04mg (2.92%), Vitamin K: 2.64µg (2.51%), Calcium: 23.75mg (2.37%), Zinc: 0.35mg (2.34%), Vitamin B5: 0.22mg (2.25%), Selenium: 0.87µg (1.25%)