

White Sangria

 **Gluten Free**  **Dairy Free**

READY IN



90 min.

SERVINGS



8

CALORIES



513 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup cognac
- 3000 milliliter cooking wine dry white chilled
- 1 liter ginger ale chilled
- 2 mangos peeled sliced
- 4 oranges sliced into rounds
- 0.5 cup peach schnapps
- 0.3 cup sugar white

Equipment

bowl

Directions

- In a pitcher, combine peach schnapps, cognac, sugar, sliced oranges and sliced mangos. Chill for at least an hour.
- Pour fruit mixture into a large punch bowl. Stir in white wine and ginger ale.

Nutrition Facts



PROTEIN 2.72% **FAT 1.38%** **CARBS 95.9%**

Properties

Glycemic Index:32.17, Glycemic Load:18.93, Inflammation Score:-9, Nutrition Score:10.052173915117%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.23mg, Malvidin: 0.23mg, Malvidin: 0.23mg, Malvidin: 0.23mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 3.82mg, Catechin: 3.82mg, Catechin: 3.82mg, Catechin: 3.82mg Epicatechin: 2.09mg, Epicatechin: 2.09mg, Epicatechin: 2.09mg, Epicatechin: 2.09mg Hesperetin: 19.37mg, Hesperetin: 19.37mg, Hesperetin: 19.37mg, Hesperetin: 19.37mg Naringenin: 11.48mg, Naringenin: 11.48mg, Naringenin: 11.48mg, Naringenin: 11.48mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 512.78kcal (25.64%), Fat: 0.3g (0.45%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 46.01g (15.34%), Net Carbohydrates: 43.61g (15.86%), Sugar: 37.62g (41.8%), Cholesterol: 0mg (0%), Sodium: 28.48mg (1.24%), Alcohol: 44.19g (100%), Alcohol %: 8.51% (100%), Protein: 1.31g (2.61%), Vitamin C: 53.68mg (65.07%), Manganese: 0.51mg (25.66%), Vitamin B6: 0.29mg (14.56%), Vitamin A: 707.31IU (14.15%), Potassium: 477.26mg (13.64%), Magnesium: 51.01mg (12.75%), Folate: 45.71µg (11.43%), Fiber: 2.4g (9.6%), Phosphorus: 85.49mg (8.55%), Iron: 1.41mg (7.83%), Calcium: 69.93mg (6.99%), Copper: 0.13mg (6.41%), Vitamin B2: 0.1mg (6.16%), Vitamin B1: 0.09mg (6.09%), Vitamin B3: 0.94mg (4.72%), Vitamin B5: 0.44mg (4.37%), Zinc: 0.62mg (4.12%), Vitamin E: 0.58mg (3.89%), Vitamin K: 3.7µg (3.52%), Selenium: 1.18µg (1.69%)