



White Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



283 kcal

BEVERAGE

DRINK

Ingredients

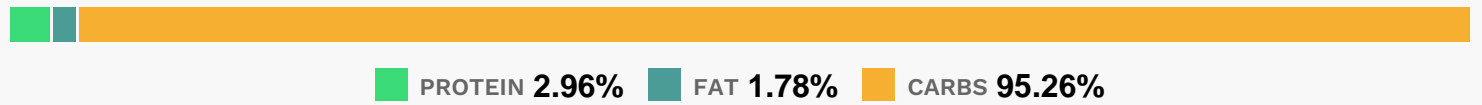
- 1 cup club soda
- 1 nectarines pitted ripe cut into thin wedges
- 6 cups sauvignon blanc white wine
- 0.3 cup caster sugar
- 1 1 tangerine thinly sliced
- 1 cup grape juice white
- 1 cup grapes white seedless halved

Equipment

Directions

- In a large pitcher or other container, combine the wine and sugar and stir until the sugar dissolves.
- Add the remaining ingredients, excluding the club soda, and mix well.
- Place the pitcher in the refrigerator and let the sangria sit for at least 1 hour (and up to 4 hours). The sangria will sweeten with time, so the longer it sits, the better. Just before serving, stir in the club soda and ice cubes.

Nutrition Facts



Properties

Glycemic Index:33.52, Glycemic Load:9.3, Inflammation Score:-6, Nutrition Score:2.3947826053785%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Petunidin: 0.43mg, Petunidin: 0.43mg, Petunidin: 0.43mg, Petunidin: 0.43mg Delphinidin: 0.81mg, Delphinidin: 0.81mg, Delphinidin: 0.81mg, Delphinidin: 0.81mg Malvidin: 4.71mg, Malvidin: 4.71mg, Malvidin: 4.71mg, Malvidin: 4.71mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.45mg, Peonidin: 0.45mg, Peonidin: 0.45mg, Peonidin: 0.45mg Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Hesperetin: 1.16mg, Hesperetin: 1.16mg, Hesperetin: 1.16mg, Hesperetin: 1.16mg Naringenin: 1.47mg, Naringenin: 1.47mg, Naringenin: 1.47mg, Naringenin: 1.47mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 282.91kcal (14.15%), Fat: 0.23g (0.36%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 28.04g (9.35%), Net Carbohydrates: 27.11g (9.86%), Sugar: 21.63g (24.03%), Cholesterol: 0mg (0%), Sodium: 14.35mg (0.62%), Alcohol: 24.78g (100%), Alcohol %: 8.06% (100%), Protein: 0.87g (1.74%), Manganese: 0.14mg (6.89%), Vitamin C: 5.45mg (6.61%), Potassium: 148.23mg (4.24%), Vitamin K: 4.32µg (4.11%), Vitamin A: 198.44IU (3.97%), Fiber: 0.93g (3.72%), Copper: 0.07mg (3.4%), Vitamin B1: 0.04mg (2.74%), Vitamin B6: 0.05mg (2.62%), Magnesium: 10.26mg (2.57%), Vitamin B2: 0.04mg (2.19%), Vitamin B3: 0.42mg (2.12%), Phosphorus: 20.02mg (2%), Iron: 0.3mg (1.65%), Calcium: 15.11mg (1.51%), Vitamin E: 0.22mg (1.48%), Vitamin B5: 0.11mg (1.08%), Folate: 4.27µg (1.07%)