



## White Sangria

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



165 kcal

BEVERAGE

DRINK

## Ingredients

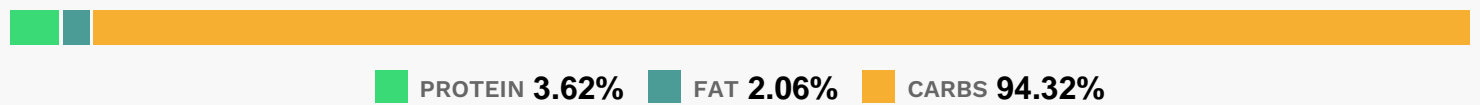
- 0.5 cup brandy
- 0.5 cup club soda
- 1 optional: lemon unpeeled sliced
- 1 medium cranberry-orange relish unpeeled sliced
- 0.5 cup orange juice
- 0.3 cup orange liqueur (recommended: Cointreau)
- 2 tablespoons caster sugar
- 750 ml white wine

# Equipment

## Directions

- In a pitcher combine the wine, brandy, orange liqueur and sugar and stir until the sugar is dissolved. Stir in the orange juice and club soda.
- Add the orange and lemon slices, and chill.
- Serve over ice.

## Nutrition Facts



## Properties

Glycemic Index:27.51, Glycemic Load:4.17, Inflammation Score:-5, Nutrition Score:3.119565182406%

## Flavonoids

Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Eriodictyol: 2.91mg, Eriodictyol: 2.91mg, Eriodictyol: 2.91mg, Eriodictyol: 2.91mg Hesperetin: 10.46mg, Hesperetin: 10.46mg, Hesperetin: 10.46mg Naringenin: 3.28mg, Naringenin: 3.28mg, Naringenin: 3.28mg, Naringenin: 3.28mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## Nutrients (% of daily need)

Calories: 165.48kcal (8.27%), Fat: 0.12g (0.19%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 12.64g (4.21%), Net Carbohydrates: 11.84g (4.3%), Sugar: 9.45g (10.5%), Cholesterol: 0mg (0%), Sodium: 9.06mg (0.39%), Alcohol: 16.72g (100%), Alcohol %: 11.73% (100%), Protein: 0.48g (0.97%), Vitamin C: 23.62mg (28.63%), Manganese: 0.13mg (6.29%), Potassium: 149.66mg (4.28%), Vitamin B6: 0.07mg (3.73%), Magnesium: 14.3mg (3.58%), Fiber: 0.8g (3.21%), Folate: 12µg (3%), Vitamin B1: 0.04mg (2.64%), Phosphorus: 25.25mg (2.52%), Iron: 0.4mg (2.21%), Calcium: 21.17mg (2.12%), Vitamin B2: 0.03mg (1.78%), Copper: 0.03mg (1.51%), Vitamin A: 70.81IU (1.42%), Vitamin B5: 0.14mg (1.39%), Vitamin B3: 0.24mg (1.18%), Zinc: 0.16mg (1.1%)