



White Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



221 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 shots calvados
- ☐ 3 apples green ripe seeded cut into wedges
- ☐ 1 optional: lemon sliced
- ☐ 1 lime sliced
- ☐ 2 peaches ripe cut into wedges
- ☐ 1 pint raspberries
- ☐ 8 servings sparkling soda water for topping off glasses of sangria at table
- ☐ 3 tablespoons sugar

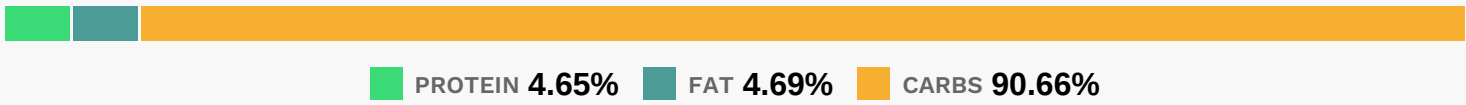
1 bottle white rioja wine dry white spanish

Equipment

Directions

- Watch how to make this recipe.
- Combine sugar, Calvados, lime, lemon, peaches and apples in a large pitcher. Cover with 1 bottle of Rioja wine and chill sangria several hours. To serve, spoon fruits into glasses or goblets, adding a few fresh raspberries in each glass, pour wine over top of the fruit. Top glasses of sangria off with a splash of soda water and serve.

Nutrition Facts



Properties

Glycemic Index:31.98, Glycemic Load:8.56, Inflammation Score:-6, Nutrition Score:7.6995652810387%

Flavonoids

Cyanidin: 28.86mg, Cyanidin: 28.86mg, Cyanidin: 28.86mg, Cyanidin: 28.86mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 4.23mg, Catechin: 4.23mg, Catechin: 4.23mg, Catechin: 4.23mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 8.61mg, Epicatechin: 8.61mg, Epicatechin: 8.61mg, Epicatechin: 8.61mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 221.05kcal (11.05%), Fat: 0.67g (1.04%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 29.3g (9.77%), Net Carbohydrates: 22.64g (8.23%), Sugar: 18.73g (20.81%), Cholesterol: 0mg (0%), Sodium: 11.7mg (0.51%), Alcohol:

15.21g (100%), Alcohol %: 6.37% (100%), Protein: 1.5g (3%), Vitamin C: 29.77mg (36.08%), Manganese: 0.56mg (28.03%), Fiber: 6.66g (26.63%), Potassium: 302.27mg (8.64%), Magnesium: 30.39mg (7.6%), Vitamin K: 7.67µg (7.3%), Vitamin B6: 0.13mg (6.57%), Vitamin E: 0.95mg (6.33%), Copper: 0.12mg (5.95%), Iron: 1.01mg (5.62%), Phosphorus: 54.12mg (5.41%), Folate: 19.81µg (4.95%), Vitamin B3: 0.85mg (4.26%), Vitamin B2: 0.07mg (4.22%), Vitamin B5: 0.38mg (3.8%), Vitamin A: 185.78IU (3.72%), Vitamin B1: 0.05mg (3.54%), Calcium: 35.19mg (3.52%), Zinc: 0.5mg (3.33%), Selenium: 1.11µg (1.59%)