



White Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



235 kcal

BEVERAGE

DRINK

Ingredients

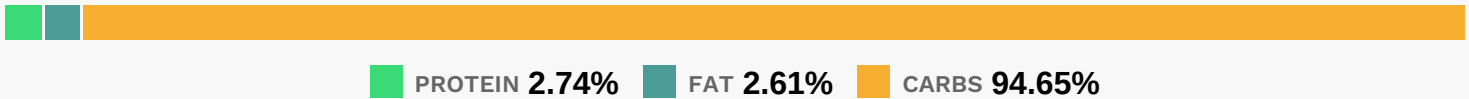
- ☐ 2 cups ice cubes
- ☐ 1 medium peaches fresh sliced
- ☐ 750 ml grape juice dry white chilled ()
- ☐ 0.5 cup raspberries fresh
- ☐ 0.5 cup triple sec orange-flavored

Equipment

Directions

- ☐ In half-gallon glass pitcher, add wine and liqueur; stir to blend.
- ☐ Add fruit to pitcher; stir gently.
- ☐ Serve immediately or refrigerate until serving time. Just before serving, stir ice cubes into pitcher.
- ☐ Pour into glasses to serve.

Nutrition Facts



Properties

Glycemic Index:16.56, Glycemic Load:1.51, Inflammation Score:-4, Nutrition Score:4.625652121461%

Flavonoids

Cyanidin: 9.37mg, Cyanidin: 9.37mg, Cyanidin: 9.37mg, Cyanidin: 9.37mg Petunidin: 2.09mg, Petunidin: 2.09mg, Petunidin: 2.09mg, Petunidin: 2.09mg Delphinidin: 4.05mg, Delphinidin: 4.05mg, Delphinidin: 4.05mg, Delphinidin: 4.05mg Malvidin: 22.42mg, Malvidin: 22.42mg, Malvidin: 22.42mg, Malvidin: 22.42mg Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg Peonidin: 2.14mg, Peonidin: 2.14mg, Peonidin: 2.14mg, Peonidin: 2.14mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 2.53mg, Epicatechin: 2.53mg, Epicatechin: 2.53mg, Epicatechin: 2.53mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.4mg, Myricetin: 1.4mg, Myricetin: 1.4mg, Myricetin: 1.4mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 234.71kcal (11.74%), Fat: 0.55g (0.84%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 44.69g (14.9%), Net Carbohydrates: 42.75g (15.54%), Sugar: 41.78g (46.42%), Cholesterol: 0mg (0%), Sodium: 23.33mg (1.01%), Alcohol: 7.67g (100%), Alcohol %: 2.43% (100%), Caffeine: 7.67mg (2.56%), Protein: 1.29g (2.59%), Manganese: 0.61mg (30.38%), Potassium: 285.78mg (8.17%), Fiber: 1.94g (7.75%), Magnesium: 28.42mg (7.1%), Vitamin C: 5.67mg (6.87%), Copper: 0.11mg (5.48%), Phosphorus: 42.44mg (4.24%), Iron: 0.75mg (4.17%), Vitamin B6: 0.08mg (4.09%), Vitamin B3: 0.7mg (3.51%), Vitamin B1: 0.05mg (3.27%), Calcium: 31.15mg (3.11%), Vitamin B2: 0.05mg (3%), Vitamin K: 3.1µg (2.95%), Vitamin A: 143.24IU (2.86%), Vitamin E: 0.4mg (2.7%), Zinc: 0.31mg (2.07%), Vitamin B5: 0.2mg (2.03%), Folate: 5.4µg (1.35%), Selenium: 0.91µg (1.29%)