



White Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



163 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup brandy
- ☐ 1 apples green cored sliced
- ☐ 1 optional: lemon thinly sliced
- ☐ 1 small navel oranges sliced quartered
- ☐ 1 peaches ripe peeled sliced
- ☐ 0.3 cup peach schnapps
- ☐ 12 ounce seltzer water chilled
- ☐ 1.5 tablespoons sugar

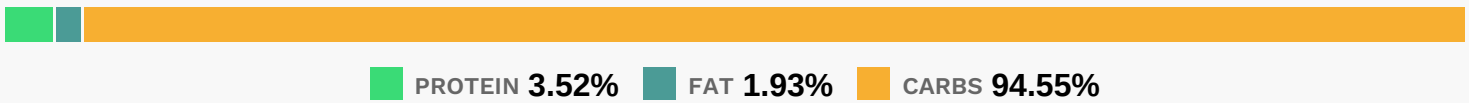
1500 milliliter white rioja wine chilled

Equipment

Directions

- Combine first 3 ingredients in a large pitcher; stir to dissolve sugar. Stir in wine and next 4 ingredients (through peach). Chill at least 2 hours or until cold.
- Stir in sparkling water.

Nutrition Facts



Properties

Glycemic Index:16.49, Glycemic Load:2.68, Inflammation Score:-5, Nutrition Score:2.8321738865065%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 5.57mg, Hesperetin: 5.57mg, Hesperetin: 5.57mg Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 163.46kcal (8.17%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 12g (4%), Net Carbohydrates: 10.94g (3.98%), Sugar: 8.08g (8.98%), Cholesterol: 0mg (0%), Sodium: 14.45mg (0.63%), Alcohol: 15.29g (100%), Alcohol %: 8.88% (100%), Protein: 0.45g (0.89%), Vitamin C: 12.88mg (15.61%), Manganese: 0.17mg (8.45%), Vitamin B6: 0.09mg (4.46%), Potassium: 154.03mg (4.4%), Fiber: 1.06g (4.24%), Magnesium: 16.73mg (4.18%), Phosphorus: 31.63mg (3.16%), Iron: 0.48mg (2.66%), Calcium: 21.61mg (2.16%), Vitamin B2: 0.04mg (2.07%), Folate: 7.43µg (1.86%), Vitamin B1: 0.02mg (1.59%), Vitamin A: 79.74IU (1.59%), Vitamin B3: 0.31mg (1.55%), Zinc: 0.23mg (1.55%), Copper: 0.03mg (1.5%), Vitamin B5: 0.13mg (1.33%), Vitamin K: 1.22µg (1.16%)