



## White Sangria Splash

 **Gluten Free**  **Dairy Free**

READY IN



**260 min.**

SERVINGS



**20**

CALORIES



**57 kcal**

BEVERAGE

DRINK

### Ingredients

- 3 cups club soda
- 1 cup cooking wine dry white
- 3 cups grapes seedless divided
- 4 kiwis peeled sliced
- 1 pkg jell-o lemon flavor gelatin sugar free (8-serving size)
- 1 Tbsp juice of lime fresh
- 1 Tbsp orange juice
- 2 cups strawberries divided sliced

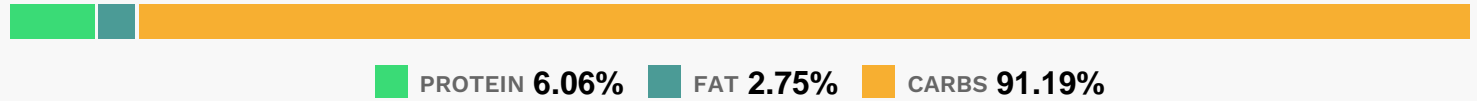
# Equipment

- bowl
- sauce pan

# Directions

- Bring wine to boil in small saucepan on medium-high heat. Stir boiling wine into dry gelatin mix in medium bowl at least 2 min. until completely dissolved. Stir in club soda, lime juice and orange juice.
- Place bowl of gelatin in larger bowl of ice and water.
- Let stand 10 min. or until slightly thickened (consistency of unbeaten egg whites), stirring occasionally.
- Stir in 1 cup of the grapes and strawberries.
- Pour into 6-cup mold sprayed with cooking spray.
- Refrigerate 4 hours or until firm. Unmold.
- Garnish with remaining fruit.

# Nutrition Facts



# Properties

Glycemic Index:10.28, Glycemic Load:3.27, Inflammation Score:-2, Nutrition Score:3.2860869480216%

# Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## **Nutrients (% of daily need)**

Calories: 57.4kcal (2.87%), Fat: 0.16g (0.25%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 12.06g (4.02%), Net Carbohydrates: 11.02g (4.01%), Sugar: 9.71g (10.79%), Cholesterol: 0mg (0%), Sodium: 29.39mg (1.28%), Alcohol: 1.24g (100%), Alcohol %: 1.44% (100%), Protein: 0.8g (1.6%), Vitamin C: 23.44mg (28.41%), Vitamin K: 11.01µg (10.49%), Manganese: 0.1mg (5.23%), Fiber: 1.04g (4.17%), Copper: 0.07mg (3.41%), Potassium: 113.43mg (3.24%), Folate: 9.22µg (2.3%), Phosphorus: 22.58mg (2.26%), Vitamin B6: 0.04mg (2.2%), Vitamin E: 0.32mg (2.16%), Magnesium: 8.16mg (2.04%), Vitamin B1: 0.03mg (1.71%), Vitamin B2: 0.03mg (1.62%), Calcium: 14.12mg (1.41%), Iron: 0.23mg (1.27%)