



White Sangria with Kiwi



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



154 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 liter club soda
- ☐ 1 cup grapes green seedless
- ☐ 8 servings ice cubes
- ☐ 2 kiwis peeled sliced
- ☐ 8 sprigs mint leaves
- ☐ 1 large pears thinly sliced
- ☐ 3 tablespoons liqueur orange-flavored cointreau® (such as)
- ☐ 2 tablespoons sugar white

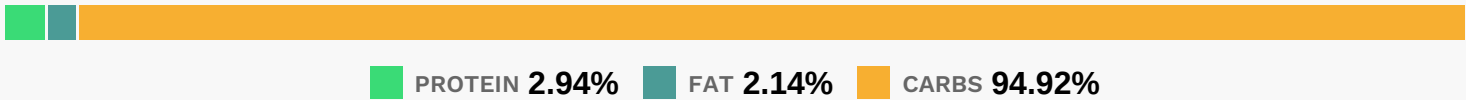
☐ 750 milliliter chardonnay wine

Equipment

Directions

- ☐ Mix Chardonnay wine, club soda, orange-flavored liqueur, sugar, grapes, kiwis, and pear in a large pitcher. Stir until sugar is dissolved.
- ☐ Pour wine mixture into wine glasses filled with ice, making sure each glass has some fruit.
- ☐ Garnish with mint sprigs.

Nutrition Facts



Properties

Glycemic Index:27.56, Glycemic Load:6.57, Inflammation Score:-5, Nutrition Score:4.3434782416924%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 154.19kcal (7.71%), Fat: 0.19g (0.29%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 18.87g (6.29%), Net Carbohydrates: 17.05g (6.2%), Sugar: 13.68g (15.2%), Cholesterol: 0mg (0%), Sodium: 35.95mg (1.56%), Alcohol: 12.13g (100%), Alcohol %: 4.32% (100%), Protein: 0.58g (1.17%), Vitamin C: 19.15mg (23.22%), Vitamin K: 13.19µg (12.56%), Manganese: 0.18mg (9.03%), Fiber: 1.82g (7.29%), Potassium: 216.85mg (6.2%), Copper: 0.1mg (5.23%), Magnesium: 20.05mg (5.01%), Vitamin B6: 0.09mg (4.55%), Phosphorus: 34.71mg (3.47%), Iron: 0.59mg (3.28%), Calcium: 30.44mg (3.04%), Vitamin B2: 0.05mg (3.03%), Folate: 10.4µg (2.6%), Vitamin E: 0.37mg (2.44%), Zinc: 0.34mg (2.26%), Vitamin B1: 0.03mg (1.88%), Vitamin B3: 0.34mg (1.7%), Vitamin A: 81.92IU (1.64%), Vitamin B5:

0.1mg (1.04%)