



White Wine California Citrus Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



70 min.

SERVINGS



10

CALORIES



189 kcal

BEVERAGE

DRINK

Ingredients

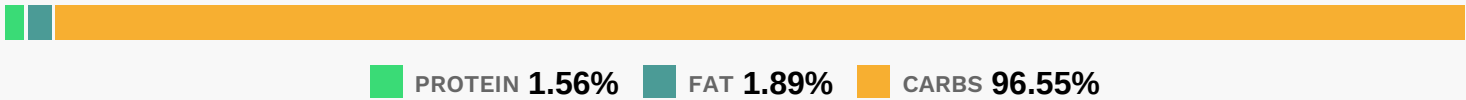
- ☐ 1 blood oranges thinly sliced
- ☐ 1.5 cups brandy
- ☐ 3 kumquats sliced
- ☐ 1 lime thinly sliced
- ☐ 1 cranberry-orange relish thinly sliced
- ☐ 0.8 cup orange liqueur
- ☐ 3 bottles wine
- ☐ 0.5 cup sugar

Equipment

Directions

- ☐
- In a large pitcher, combine the wine, brandy, and orange liqueur.
- ☐
- Pour in the sugar, stir or shake the pitcher thoroughly to mix.
- ☐
- Add all citrus slices at once. Allow the mixture to sit for 1 hour before serving to allow the citrus flavor to come through.

Nutrition Facts



Properties

Glycemic Index:20.21, Glycemic Load:7.72, Inflammation Score:-3, Nutrition Score:1.4591304403932%

Flavonoids

Hesperetin: 6.8mg, Hesperetin: 6.8mg, Hesperetin: 6.8mg, Hesperetin: 6.8mg Naringenin: 5.71mg, Naringenin: 5.71mg, Naringenin: 5.71mg, Naringenin: 5.71mg Apigenin: 1.25mg, Apigenin: 1.25mg, Apigenin: 1.25mg, Apigenin: 1.25mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 189.25kcal (9.46%), Fat: 0.16g (0.25%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 18.97g (6.32%), Net Carbohydrates: 18.07g (6.57%), Sugar: 17.67g (19.64%), Cholesterol: 0mg (0%), Sodium: 2.58mg (0.11%), Alcohol: 16.66g (100%), Alcohol %: 23.25% (100%), Caffeine: 4.6mg (1.53%), Protein: 0.31g (0.61%), Vitamin C: 12.11mg (14.68%), Fiber: 0.9g (3.61%), Copper: 0.03mg (1.58%), Folate: 5.82µg (1.46%), Potassium: 49.73mg (1.42%), Vitamin B1: 0.02mg (1.3%), Calcium: 11.78mg (1.18%), Manganese: 0.02mg (1.09%), Vitamin A: 52.28IU (1.05%), Vitamin B2: 0.02mg (1.04%)