



White Wine Sangria

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



108 kcal

SIDE DISH

Ingredients

- 1 liter seltzer water chilled (4 cups)
- 750 ml grape juice dry white chilled ()
- 1 optional: lemon thinly sliced
- 1 cup lemon lime soda
- 1 lime thinly sliced
- 2 medium nectarines thinly sliced cut into half
- 1 medium cranberry-orange relish thinly sliced cut in half if desired
- 1 cup orange juice orange-flavored

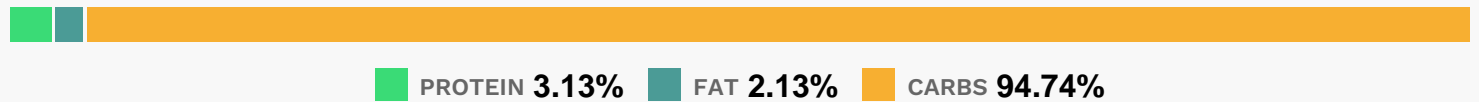
0.5 cup sugar

Equipment

Directions

- In half-gallon glass or plastic pitcher, stir sugar, orange liqueur and vodka until sugar is dissolved.
- Into another half-gallon glass or plastic pitcher, pour half of vodka mixture. Divide fruits and wine evenly between pitchers. Refrigerate until serving.
- Just before serving, pour half of club soda into each pitcher; stir gently to mix.
- Serve immediately. If desired, serve over ice.

Nutrition Facts



Properties

Glycemic Index:22.09, Glycemic Load:8.42, Inflammation Score:-3, Nutrition Score:3.5947825856831%

Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Petunidin: 0.68mg, Petunidin: 0.68mg, Petunidin: 0.68mg, Petunidin: 0.68mg Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg Malvidin: 7.47mg, Malvidin: 7.47mg, Malvidin: 7.47mg, Malvidin: 7.47mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.71mg, Peonidin: 0.71mg, Peonidin: 0.71mg, Peonidin: 0.71mg Catechin: 1.25mg, Catechin: 1.25mg, Catechin: 1.25mg, Catechin: 1.25mg Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg Eriodictyol: 1.96mg, Eriodictyol: 1.96mg, Eriodictyol: 1.96mg, Eriodictyol: 1.96mg Hesperetin: 10.36mg, Hesperetin: 10.36mg, Hesperetin: 10.36mg, Hesperetin: 10.36mg Naringenin: 2.35mg, Naringenin: 2.35mg, Naringenin: 2.35mg, Naringenin: 2.35mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 108.19kcal (5.41%), Fat: 0.27g (0.42%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 27.26g (9.09%), Net Carbohydrates: 26.06g (9.47%), Sugar: 24.75g (27.51%), Cholesterol: 0mg (0%), Sodium: 26.47mg (1.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Vitamin C: 23.29mg (28.23%), Manganese: 0.18mg (9.12%),

Potassium: 181.75mg (5.19%), Fiber: 1.2g (4.8%), Magnesium: 14.26mg (3.57%), Vitamin B1: 0.05mg (3.52%), Vitamin A: 154.59IU (3.09%), Folate: 12.33 μ g (3.08%), Copper: 0.06mg (2.9%), Vitamin B6: 0.05mg (2.59%), Vitamin B3: 0.49mg (2.45%), Calcium: 23.29mg (2.33%), Phosphorus: 23mg (2.3%), Iron: 0.39mg (2.19%), Vitamin B2: 0.03mg (1.85%), Vitamin B5: 0.17mg (1.72%), Zinc: 0.21mg (1.41%), Vitamin E: 0.2mg (1.32%)