



## White Wine Sangria



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



266 kcal

BEVERAGE

DRINK

## Ingredients

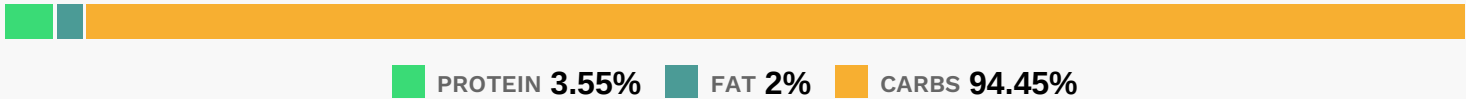
- ☐ 0.5 cup pear liqueur orange-flavored
- ☐ 0.3 cup sugar
- ☐ 1500 ml wine dry white chilled
- ☐ 2 medium nectarines pitted halved cut into wedges
- ☐ 1 cup strawberries hulled quartered
- ☐ 1 medium cranberry-orange relish halved thinly sliced
- ☐ 1 medium optional: lemon halved thinly sliced

## Equipment

# Directions

- ☐ In half-gallon glass or plastic pitcher, stir orange liqueur and sugar.
- ☐ Add wine, and stir until sugar is dissolved.
- ☐ Add fruit; serve immediately, or refrigerate until ready to serve.

# Nutrition Facts



# Properties

Glycemic Index:29.51, Glycemic Load:7.56, Inflammation Score:-7, Nutrition Score:5.1439130876375%

# Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 2.02mg, Epicatechin: 2.02mg, Epicatechin: 2.02mg, Epicatechin: 2.02mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 8.99mg, Hesperetin: 8.99mg, Hesperetin: 8.99mg, Hesperetin: 8.99mg Naringenin: 3.35mg, Naringenin: 3.35mg, Naringenin: 3.35mg, Naringenin: 3.35mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

# Nutrients (% of daily need)

Calories: 265.64kcal (13.28%), Fat: 0.23g (0.36%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 24.81g (8.27%), Net Carbohydrates: 23.15g (8.42%), Sugar: 19.37g (21.52%), Cholesterol: 0mg (0%), Sodium: 14.64mg (0.64%), Alcohol: 25.56g (100%), Alcohol %: 10.99% (100%), Protein: 0.93g (1.86%), Vitamin C: 27.48mg (33.31%), Manganese: 0.32mg (15.98%), Potassium: 257.48mg (7.36%), Magnesium: 27.27mg (6.82%), Vitamin B6: 0.13mg (6.65%), Fiber: 1.66g (6.65%), Phosphorus: 52.24mg (5.22%), Iron: 0.79mg (4.41%), Folate: 14.75µg (3.69%), Vitamin B3: 0.73mg (3.66%), Vitamin A: 159.83IU (3.2%), Vitamin B2: 0.05mg (3.09%), Calcium: 30.83mg (3.08%), Vitamin B1: 0.05mg (3.04%), Copper: 0.06mg (2.91%), Vitamin B5: 0.24mg (2.4%), Zinc: 0.35mg (2.32%), Vitamin E: 0.32mg

(2.12%), Vitamin K: 1.87µg (1.78%)