



White Wine-Strawberry Sangria

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



5

CALORIES



368 kcal

BEVERAGE

DRINK

Ingredients

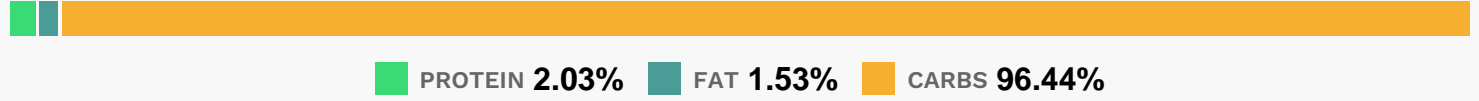
- 1 bottle white zinfandel wine dry white (such as Pinot Grigio or White Zinfandel)
- 0.5 cup peach schnapps
- 0.3 cup sugar
- 16 oz strawberries frozen

Equipment

Directions

- Into pitcher, pour wine, schnapps and sugar; stir until sugar is dissolved.
- Add frozen strawberries.
- Serve.

Nutrition Facts



Properties

Glycemic Index:22.02, Glycemic Load:9.04, Inflammation Score:-7, Nutrition Score:6.705217603756%

Flavonoids

Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg Petunidin: 10.04mg, Petunidin: 10.04mg, Petunidin: 10.04mg, Petunidin: 10.04mg Delphinidin: 6.13mg, Delphinidin: 6.13mg, Delphinidin: 6.13mg, Delphinidin: 6.13mg Malvidin: 142.25mg, Malvidin: 142.25mg, Malvidin: 142.25mg, Malvidin: 142.25mg Pelargonidin: 22.54mg, Pelargonidin: 22.54mg, Pelargonidin: 22.54mg, Pelargonidin: 22.54mg Peonidin: 5.94mg, Peonidin: 5.94mg, Peonidin: 5.94mg, Peonidin: 5.94mg Catechin: 17.61mg, Catechin: 17.61mg, Catechin: 17.61mg, Catechin: 17.61mg Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 11.72mg, Epicatechin: 11.72mg, Epicatechin: 11.72mg, Epicatechin: 11.72mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg

Nutrients (% of daily need)

Calories: 368.18kcal (18.41%), Fat: 0.3g (0.47%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 43.05g (14.35%), Net Carbohydrates: 41.23g (14.99%), Sugar: 31.56g (35.07%), Cholesterol: 0mg (0%), Sodium: 14.51mg (0.63%), Alcohol: 22.95g (100%), Alcohol %: 10.6% (100%), Protein: 0.91g (1.82%), Vitamin C: 53.34mg (64.66%), Manganese: 0.53mg (26.45%), Potassium: 277mg (7.91%), Fiber: 1.81g (7.26%), Magnesium: 25.29mg (6.32%), Copper: 0.11mg (5.59%), Folate: 21.77µg (5.44%), Iron: 0.74mg (4.09%), Phosphorus: 35.27mg (3.53%), Vitamin B3: 0.67mg (3.35%), Vitamin B1: 0.05mg (3.25%), Vitamin B2: 0.05mg (2.87%), Calcium: 26.61mg (2.66%), Vitamin B6: 0.04mg (2.13%), Vitamin K: 2µg (1.9%), Vitamin E: 0.26mg (1.75%), Selenium: 1.17µg (1.68%), Vitamin B5: 0.16mg (1.61%), Zinc: 0.23mg (1.55%)