



White Wine-Strawberry Sangria



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



5

CALORIES



316 kcal

BEVERAGE

DRINK

Ingredients

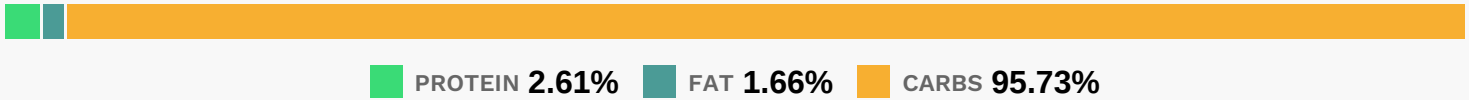
- ☐ 1 bottle white zinfandel wine dry white (such as Pinot Grigio or White Zinfandel)
- ☐ 16 oz strawberries frozen
- ☐ 0.5 cup strawberry gelatin
- ☐ 0.3 cup sugar

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:6.7386958016002%

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 Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 315.53kcal (15.78%), Fat: 0.3g (0.47%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 39.38g (13.13%), Net Carbohydrates: 37.56g (13.66%), Sugar: 27.89g (30.99%), Cholesterol: 0mg (0%), Sodium: 24.29mg (1.06%), Alcohol: 22.95g (100%), Alcohol %: 11.51% (100%), Protein: 1.07g (2.14%), Vitamin C: 53.34mg (64.66%), Manganese: 0.53mg (26.47%), Potassium: 277.15mg (7.92%), Fiber: 1.81g (7.26%), Magnesium: 25.34mg (6.33%), Copper: 0.11mg (5.71%), Folate: 21.84µg (5.46%), Iron: 0.74mg (4.11%), Phosphorus: 38.23mg (3.82%), Vitamin B3: 0.67mg (3.35%), Vitamin B1: 0.05mg (3.26%), Vitamin B2: 0.05mg (2.92%), Calcium: 26.68mg (2.67%), Vitamin B6: 0.04mg (2.13%), Vitamin K: 2µg (1.9%), Selenium: 1.31µg (1.88%), Vitamin E: 0.26mg (1.75%), Vitamin B5: 0.16mg (1.62%), Zinc: 0.23mg (1.55%)