



Winter Sangria

 Vegetarian  Gluten Free  Dairy Free

READY IN

ready

70 min.

SERVINGS

servings

8

CALORIES

calories

370 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 anjou pear red cored peeled chopped
- ☐ 1 cinnamon sticks
- ☐ 2 clementines
- ☐ 1 apples i use 2 granny smith apples cored chopped or other tart apple
- ☐ 2 tablespoons honey
- ☐ 1 liter lemon lime soda chilled
- ☐ 2 cups no-pulp orange juice
- ☐ 3 ounces orange liqueur

☐ 2 liters sparkling red wine sweet chilled recommended: Rosa Regale

Equipment

☐ bowl

☐ whisk

Directions

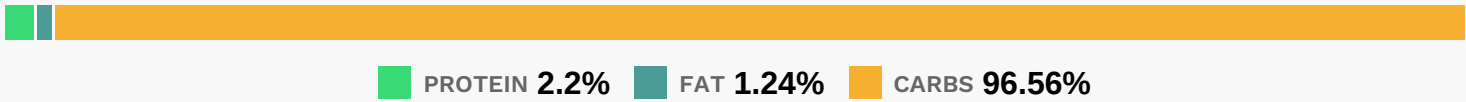
☐ Watch how to make this recipe.

☐ In a large pitcher or punch bowl, whisk together orange juice, orange liqueur and honey.

☐ Add cinnamon stick, blood oranges, apple and pears, stir to combine. Set aside at room temperature to macerate, at least 1 hour, until ready to serve.

☐ Add wine and soda, stir gently to combine, and serve immediately over ice.

Nutrition Facts



Properties

Glycemic Index:29.44, Glycemic Load:8.49, Inflammation Score:-8, Nutrition Score:7.178260948347%

Flavonoids

Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg Petunidin: 5.02mg, Petunidin: 5.02mg, Petunidin: 5.02mg, Petunidin: 5.02mg Delphinidin: 5.1mg, Delphinidin: 5.1mg, Delphinidin: 5.1mg, Delphinidin: 5.1mg Malvidin: 35.1mg, Malvidin: 35.1mg, Malvidin: 35.1mg, Malvidin: 35.1mg Peonidin: 3.17mg, Peonidin: 3.17mg, Peonidin: 3.17mg, Peonidin: 3.17mg Catechin: 18.46mg, Catechin: 18.46mg, Catechin: 18.46mg, Catechin: 18.46mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 12.16mg, Epicatechin: 12.16mg, Epicatechin: 12.16mg, Epicatechin: 12.16mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 9.89mg, Hesperetin: 9.89mg, Hesperetin: 9.89mg, Hesperetin: 9.89mg Naringenin: 6.31mg, Naringenin: 6.31mg, Naringenin: 6.31mg, Naringenin: 6.31mg Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg Gallocatechin: 0.2mg, Gallocatechin: 0.2mg, Gallocatechin: 0.2mg, Gallocatechin: 0.2mg

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Nutrients (% of daily need)

Calories: 370.41kcal (18.52%), Fat: 0.23g (0.36%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 41.07g (13.69%), Net Carbohydrates: 39.39g (14.32%), Sugar: 32.07g (35.63%), Cholesterol: 0mg (0%), Sodium: 24.79mg (1.08%), Alcohol: 29.65g (100%), Alcohol %: 7.44% (100%), Caffeine: 21.47mg (7.16%), Protein: 0.94g (1.87%), Vitamin C: 34.78mg (42.15%), Manganese: 0.45mg (22.27%), Potassium: 511.17mg (14.6%), Magnesium: 42.21mg (10.55%), Vitamin B6: 0.19mg (9.45%), Iron: 1.45mg (8.06%), Phosphorus: 75.62mg (7.56%), Fiber: 1.68g (6.72%), Vitamin B2: 0.11mg (6.69%), Folate: 24.48µg (6.12%), Vitamin B1: 0.08mg (5.22%), Vitamin B3: 0.93mg (4.64%), Copper: 0.09mg (4.43%), Calcium: 39.07mg (3.91%), Vitamin A: 155.52IU (3.11%), Zinc: 0.45mg (3.03%), Vitamin K: 2.69µg (2.56%), Vitamin B5: 0.23mg (2.32%)