



Winter-Spiced Red Wine Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



141 kcal

BEVERAGE

DRINK

Ingredients

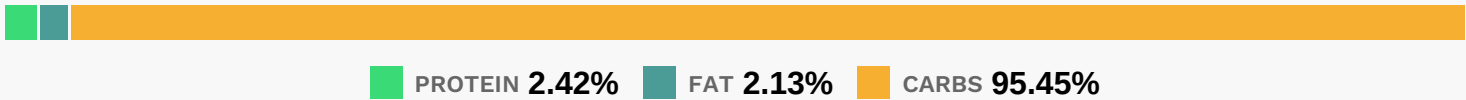
- ☐ 1 cup apple juice
- ☐ 1 purée of usa bartlett pear cut into 1/2-inch cubes
- ☐ 3 blood oranges cut into 1/4-inch slices
- ☐ 2 sticks cinnamon (3-inch)
- ☐ 2 optional: lemon cut into 1/4-inch slices
- ☐ 750 milliliter red wine fruity
- ☐ 0.3 cup sugar
- ☐ 0.3 cup triple sec orange-flavored (liqueur)

Equipment

Directions

- ☐
- Combine all ingredients in a large pitcher; stir until sugar dissolves. Cover and refrigerate for at least 4 hours or overnight.
- ☐
- Remove cloves and cinnamon sticks before serving.

Nutrition Facts



Properties

Glycemic Index:23.98, Glycemic Load:6.3, Inflammation Score:-4, Nutrition Score:3.1021738855735%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Petunidin: 1.51mg, Petunidin: 1.51mg, Petunidin: 1.51mg, Petunidin: 1.51mg Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg Malvidin: 10.53mg, Malvidin: 10.53mg, Malvidin: 10.53mg, Malvidin: 10.53mg Peonidin: 0.95mg, Peonidin: 0.95mg, Peonidin: 0.95mg, Peonidin: 0.95mg Catechin: 5.74mg, Catechin: 5.74mg, Catechin: 5.74mg, Catechin: 5.74mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 4.05mg, Epicatechin: 4.05mg, Epicatechin: 4.05mg, Epicatechin: 4.05mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg Hesperetin: 7.57mg, Hesperetin: 7.57mg, Hesperetin: 7.57mg, Hesperetin: 7.57mg Naringenin: 2.06mg, Naringenin: 2.06mg, Naringenin: 2.06mg, Naringenin: 2.06mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 140.6kcal (7.03%), Fat: 0.18g (0.27%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 18.01g (6%), Net Carbohydrates: 16.34g (5.94%), Sugar: 13.03g (14.47%), Cholesterol: 0mg (0%), Sodium: 5.39mg (0.23%), Alcohol: 10.11g (100%), Alcohol %: 8.12% (100%), Protein: 0.46g (0.92%), Vitamin C: 14.56mg (17.64%), Manganese: 0.26mg (12.83%), Fiber: 1.67g (6.69%), Potassium: 181.99mg (5.2%), Vitamin B6: 0.07mg (3.66%), Magnesium: 14.21mg (3.55%), Iron: 0.61mg (3.4%), Phosphorus: 26.11mg (2.61%), Calcium: 23.99mg (2.4%), Vitamin B2: 0.04mg (2.38%),

Copper: 0.04mg (2.04%), Vitamin B1: 0.02mg (1.58%), Vitamin B3: 0.27mg (1.35%), Folate: 5.42µg (1.35%), Vitamin K: 1.2µg (1.14%), Zinc: 0.16mg (1.05%)