



## Zen-gria

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



312 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup cherries dark sweet frozen
- 2 bags freshly tea green with honey (recommended: lipton)
- 1 cup lychees and)
- 10.4 ounces mandarin oranges in juice canned (recommended: Golden Star)
- 750 ml plum wine chilled
- 1.5 cups white wine (recommended: Pinot Grigio)

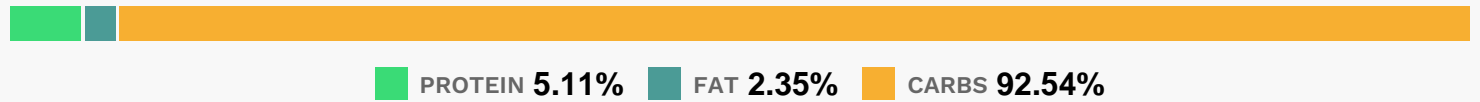
## Equipment

- sauce pan

# Directions

- In a small saucepan, over high heat, bring white wine to a simmer. Reduce heat to low and add tea bags. Steep for 5 minutes.
- Remove from heat and cool completely.
- Combine frozen cherries, cooled green tea white wine, mandarin oranges with juice, and lychees with reserved juice in a large pitcher.
- Top with plum wine.
- Serve chilled in wine glasses.

# Nutrition Facts



# Properties

Glycemic Index:22.63, Glycemic Load:5.69, Inflammation Score:-9, Nutrition Score:8.8147824536199%

# Flavonoids

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# Nutrients (% of daily need)

Calories: 312.42kcal (15.62%), Fat: 0.31g (0.47%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 27.29g (9.1%), Net Carbohydrates: 25.07g (9.11%), Sugar: 19.22g (21.36%), Cholesterol: 0mg (0%), Sodium: 13.69mg (0.6%), Alcohol:

29.25g (100%), Alcohol %: 8.52% (100%), Protein: 1.51g (3.02%), Vitamin C: 61.36mg (74.38%), Vitamin A: 989.14IU (19.78%), Manganese: 0.29mg (14.36%), Potassium: 446.55mg (12.76%), Vitamin B6: 0.2mg (9.94%), Magnesium: 37.59mg (9.4%), Fiber: 2.23g (8.91%), Phosphorus: 68.12mg (6.81%), Copper: 0.13mg (6.73%), Iron: 1.17mg (6.52%), Vitamin B2: 0.11mg (6.41%), Vitamin B1: 0.09mg (5.93%), Vitamin B3: 0.98mg (4.92%), Zinc: 0.7mg (4.64%), Folate: 13.64µg (3.41%), Calcium: 30.92mg (3.09%), Vitamin B5: 0.14mg (1.39%), Selenium: 0.96µg (1.37%), Vitamin E: 0.17mg (1.12%)