

Zen Sangria

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



178 kcal

BEVERAGE

DRINK

Ingredients

- 2.5 cups all-natural apricot nectar chilled
- 1 purée of usa bartlett pear thinly sliced for garnish
- 750 milliliter cooking wine dry white such as sauvignon blanc
- 1 cup green-tea vodka
- 10 servings ice cubes
- 2.5 cups pear nectar chilled
- 2.5 cups pomegranate juice chilled

Equipment

Directions

- In a pitcher, combine the wine with the pomegranate juice, pear and apricot nectars and vodka; refrigerate until chilled, 20 minutes.
- Pour into glasses over ice, garnish with the pear slices and serve.

Nutrition Facts

PROTEIN 1.21% **FAT 3.46%** **CARBS 95.33%**

Properties

Glycemic Index:4.1, Glycemic Load:0.87, Inflammation Score:-7, Nutrition Score:4.4691304370113%

Flavonoids

Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 1.9mg, Epigallocatechin: 1.9mg, Epigallocatechin: 1.9mg, Epigallocatechin: 1.9mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 1.38mg, Epicatechin 3-gallate: 1.38mg, Epicatechin 3-gallate: 1.38mg, Epicatechin 3-gallate: 1.38mg Epigallocatechin 3-gallate: 2.21mg, Epigallocatechin 3-gallate: 2.21mg, Epigallocatechin 3-gallate: 2.21mg, Epigallocatechin 3-gallate: 2.21mg Theaflavin: 0.37mg, Theaflavin: 0.37mg, Theaflavin: 0.37mg Thearubigins: 19.19mg, Thearubigins: 19.19mg, Thearubigins: 19.19mg, Thearubigins: 19.19mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg Theaflavin-3,3'-digallate: 0.41mg, Theaflavin-3,3'-digallate: 0.41mg, Theaflavin-3,3'-digallate: 0.41mg, Theaflavin-3,3'-digallate: 0.41mg Theaflavin-3'-gallate: 0.36mg, Theaflavin-3'-gallate: 0.36mg, Theaflavin-3'-gallate: 0.36mg, Theaflavin-3'-gallate: 0.36mg Gallic acid: 0.29mg, Gallic acid: 0.29mg, Gallic acid: 0.29mg, Gallic acid: 0.29mg

Nutrients (% of daily need)

Calories: 178.3kcal (8.92%), Fat: 0.5g (0.77%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 30.84g (10.28%), Net Carbohydrates: 29.79g (10.83%), Sugar: 27.1g (30.11%), Cholesterol: 0mg (0%), Sodium: 16.81mg (0.73%), Alcohol: 7.86g (100%), Alcohol %: 2.77% (100%), Caffeine: 4.72mg (1.57%), Protein: 0.39g (0.78%), Vitamin C: 20.17mg (24.45%), Vitamin A: 831.4IU (16.63%), Vitamin K: 9.03µg (8.6%), Manganese: 0.16mg (7.81%), Potassium: 210.09mg (6%), Folate: 18.44µg (4.61%), Copper: 0.09mg (4.6%), Fiber: 1.05g (4.21%), Vitamin E: 0.55mg (3.64%), Vitamin B1: 0.05mg (3.36%), Vitamin B6: 0.06mg (3.07%), Magnesium: 11.71mg (2.93%), Vitamin B5: 0.26mg (2.61%), Vitamin B2: 0.03mg (2.05%), Calcium: 20.16mg (2.02%), Iron: 0.33mg (1.81%), Vitamin B3: 0.35mg (1.74%), Phosphorus: 14.05mg (1.41%)