



Zero Proof: Sparkling Cider Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



4

CALORIES



108 kcal

SIDE DISH

Ingredients

- ☐ 2 cups apple cider chilled
- ☐ 1 pint blackberries
- ☐ 12 blackberries
- ☐ 4 bags tea
- ☐ 2 cups water

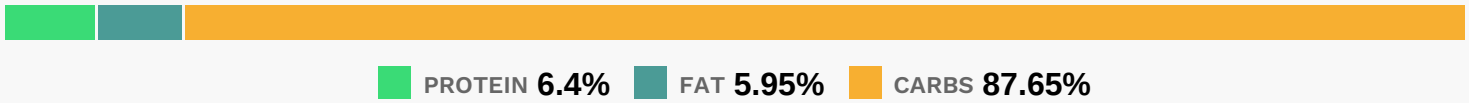
Equipment

- ☐ pot

Directions

- ☐ Place water, 1 pint blackberries, and ginger in a 2-quart pot and bring to a boil. Slice vanilla bean open, scrape out seeds and add to pot.
- ☐ Remove pot from heat and add tea bags. Cover and let steep for 15 minutes. Strain mixture into pitcher, pressing on solids to get every last drop. Chill for at least 2 hours.
- ☐ To serve, add sparkling cider to pitcher and stir gently. Divide blackberries among serving glasses and top with sangria.

Nutrition Facts



Properties

Glycemic Index:22.69, Glycemic Load:6.68, Inflammation Score:-7, Nutrition Score:9.4378261514332%

Flavonoids

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Nutrients (% of daily need)

Calories: 107.74kcal (5.39%), Fat: 0.76g (1.17%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 25.28g (8.43%), Net Carbohydrates: 18.46g (6.71%), Sugar: 17.42g (19.35%), Cholesterol: 0mg (0%), Sodium: 11.91mg (0.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.69%), Manganese: 0.89mg (44.62%), Vitamin C: 27.16mg (32.93%), Fiber: 6.82g (27.29%), Vitamin K: 24.61µg (23.44%), Copper: 0.24mg (11.91%), Vitamin E: 1.47mg (9.77%), Potassium: 320.91mg (9.17%), Magnesium: 31.97mg (7.99%), Folate: 31.12µg (7.78%), Vitamin A: 267.17IU (5.34%), Iron: 0.91mg

(5.07%), Calcium: 49.03mg (4.9%), Zinc: 0.69mg (4.63%), Vitamin B3: 0.89mg (4.45%), Vitamin B5: 0.4mg (4.01%), Phosphorus: 35.61mg (3.56%), Vitamin B1: 0.05mg (3.31%), Vitamin B2: 0.05mg (3.09%), Vitamin B6: 0.06mg (2.93%)