

Red Sangria

Melad Stephan - Sabor Latin Grill, Wichita, KS
Scripps Treasure Coast Newspapers

Servings: 15

5 ounces orange juice
3 bottles (750 ml ea) red wine
3 ounces triple sec
4 ounces brandy
8 ounces pineapple juice
11 ounces simple syrup (see recipe
under Beverages/ Alcoholic)

Place all of the ingredients into a bowl or pitcher.

Refrigerate overnight.

Float thin slices of fresh lemon, lime, orange or
maraschino cherries in the Sangria for garnish.

Per Serving (excluding unknown
items): 52 Calories; trace Fat (1.4%
calories from fat); trace Protein; 5g
Carbohydrate; trace Dietary Fiber;
0mg Cholesterol; 4mg Sodium.
Exchanges: 0 Fruit.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	52	Vitamin B6 (mg):	trace
% Calories from Fat:	1.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	96.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	9mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	39
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	5g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	4mg	Vegetable:	0
Potassium (mg):	46mg	Fruit:	0
Calcium (mg):	4mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0

Zinc (mg): trace
Vitamin C (mg): 6mg
Vitamin A (i.u.): 20IU
Vitamin A (r.e.): 5RE

Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 15

Amount Per Serving

Calories 52 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	4mg	0%
Total Carbohydrates	5g	2%
Dietary Fiber	trace	0%
Protein	trace	

Vitamin A	0%
Vitamin C	11%
Calcium	0%
Iron	0%

* Percent Daily Values are based on a 2000 calorie diet.