

Family-friendly Sangria

Makes 12 servings

Ingredients

- 4 cups grape juice
- 7 cups sparkling mineral water
- ¼ cup fresh lemon juice
- ¼ cup frozen lemonade concentrate
- ½ cup orange juice
- 1 lemon, sliced*
- 1 lime, sliced*
- 1 orange, sliced*
- 1 kiwi, peeled and sliced*

Directions

1. In a 1-gallon pitcher, combine grape juice, sparkling water, lemon juice, lemonade concentrate and orange juice. Stir. Add slices of fruit, if desired.*
2. Place in the refrigerator for at least 1 hour.
3. Serve chilled.

*Option not included in nutrition facts.



TIP

Make this beverage festive for the holidays by adding fresh cranberries to the pitcher!*

*Option not included in nutrition facts.

♥ = heart smart

⚡ = low sodium

GF = gluten free

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Nutrition Facts

Serving Size 1 cup (246g)
Servings Per Container 12

Amount Per Serving

Calories 70 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 17g **6%**

Dietary Fiber 0g **0%**

Sugars 16g

Protein 0g

Vitamin A 0% • Vitamin C 10%

Calcium 6% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Carb choices per serving: 1