

# Cranberry Sangria

Publix Aprons  
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## Servings: 8

2 cups fresh cranberries  
1 cup sugar  
1 cup water  
1 bottle (750 ml) fruity red wine  
(such as zinfandel)  
1 cup 100% orange juice (no pulp)  
1/2 cup brandy (optional)  
fresh cranberries (for garnish)

## Preparation Time: 10 minutes

In a medium saucepan, place the cranberries, water and sugar. Bring to a boil. Reduce the heat to low. Simmer for 5 to 6 minutes or until the cranberries burst. Strain the mixture, using the back of a spoon to squeeze out the juice. Discard the solids.

Transfer the juice to a large pitcher. Stir in the wine, juice and brandy. Cover the pitcher with plastic wrap. Chill for two hours.

Serve over ice. Garnish with cranberries.

Start to Finish Time: 2 hours

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Per Serving (excluding unknown items): 108 Calories; trace Fat (0.4% calories from fat); trace Protein; 28g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Fruit; 1 1/2 Other Carbohydrates.

Beverages

## Per Serving Nutritional Analysis

|                                |       |
|--------------------------------|-------|
| Calories (kcal):               | 108   |
| % Calories from Fat:           | 0.4%  |
| % Calories from Carbohydrates: | 99.3% |
| % Calories from Protein:       | 0.3%  |
| Total Fat (g):                 | trace |
| Saturated Fat (g):             | trace |
| Monounsaturated Fat (g):       | trace |
| Polyunsaturated Fat (g):       | trace |
| Cholesterol (mg):              | 0mg   |
| Carbohydrate (g):              | 28g   |

|                     |       |
|---------------------|-------|
| Vitamin B6 (mg):    | trace |
| Vitamin B12 (mcg):  | 0mcg  |
| Thiamin B1 (mg):    | trace |
| Riboflavin B2 (mg): | trace |
| Folacin (mcg):      | trace |
| Niacin (mg):        | trace |
| Caffeine (mg):      | 0mg   |
| Alcohol (kcal):     | 0     |
| % Refuse:           | 0.0%  |

## Food Exchanges

**Dietary Fiber (g):** 1g  
**Protein (g):** trace  
**Sodium (mg):** 1mg  
**Potassium (mg):** 17mg  
**Calcium (mg):** 3mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 3mg  
**Vitamin A (i.u.):** 11IU  
**Vitamin A (r.e.):** 1RE

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 1 1/2

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## Nutrition Facts

Servings per Recipe: 8

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### Amount Per Serving

**Calories** 108 **Calories from Fat:** 0

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#### % Daily Values\*

|                            |       |    |
|----------------------------|-------|----|
| <b>Total Fat</b>           | trace | 0% |
| Saturated Fat              | trace | 0% |
| <b>Cholesterol</b>         | 0mg   | 0% |
| <b>Sodium</b>              | 1mg   | 0% |
| <b>Total Carbohydrates</b> | 28g   | 9% |
| Dietary Fiber              | 1g    | 4% |
| <b>Protein</b>             | trace |    |

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|                  |  |    |
|------------------|--|----|
| <b>Vitamin A</b> |  | 0% |
| <b>Vitamin C</b> |  | 5% |
| <b>Calcium</b>   |  | 0% |
| <b>Iron</b>      |  | 0% |

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