



@KICKCRAMPSASS

VIRGIN SANGRIA

SERVES: SIX 8 OZ CUPS

INGREDIENTS

- 1 BOTTLE MARTINELLI'S SPARKLING APPLE CIDER
- 1 CUP POMEGRANATE JUICE
- 1 CUP CHERRY JUICE
- 1 CUP ORANGE JUICE
- 1 LEMON, SQUEEZED
- 1/2 CUP BLACKBERRIES
- 1/2 CUP STRAWBERRIES
- 1/4 CUP BLUEBERRIES

PROCEDURE

- 01 PLACE THE BERRIES IN A PITCHER.
- 02 ADD THE JUICES.
- 03 SQUEEZE LEMON INTO MIXTURE.
- 04 POUR IN THE APPLE CIDER.
- 05 MIX THOROUGHLY, THEN REFRIGERATE OR SERVE OVER ICE. ENJOY!

NUTRITION FACTS

- CALORIES: 160
- TOTAL FAT: 0.47G
- SATURATED FAT: 0.07G
- SODIUM: 12MG
- POTASSIUM: 402MG
- TOTAL CARBOHYDRATES: 39.58G
- DIETARY FIBER: 2.2G
- SUGARS: 33.63G
- PROTEIN: 1.31G
- VITAMIN A: 123IU
- MAGNESIUM: 25MG
- PHOSPHOROUS: 38MG
- VITAMIN C: 27.1MG
- CALCIUM: 33MG
- IRON: 0.72MG
- VITAMIN K: 8.7UG
- ZINC: 0.2MG
- VITAMIN E: 0.6MG