

## *Sangria #2*

Emeril Live: 2005

**Preparation Time: 10 minutes**

**Start to Finish Time: 2 hours**

Yield: 1 1/2 Quarts

**1 bottle Red Wine (full Bodied Like Burgandy) (750-ml)**  
**1/4 cup brandy**  
**1/4 cup orange flavored liqueur (recommended: triple sec or Grand Marnier)**  
**2 tablespoons fresh lime juice**  
**2 tablespoons fresh orange juice**  
**1/4 cup sugar**  
**1/2 orange, thinly sliced**  
**1/2 lemon, thinly sliced**  
**1 unwaxed apple, cored, and cut into thin wedges**  
**1 bottle sparkling water (750-ml) chilled**

Combine everything but the sparkling water in a large plastic container or glass pitchers. Cover and chill completely, 1 to 2 hours. When ready to serve, add the sparkling water.

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Per Serving (excluding unknown items): 389 Calories; trace Fat (0.8% calories from fat); 1g Protein; 67g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1 Fruit; 3 1/2 Other Carbohydrates.