

# Italian Sangria

Yield: 8 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-italian-sangria-recipe>

## Ingredients:

- 2 heads escarole
- 2 tablespoons extra-virgin olive oil
- 2 garlic cloves thickly sliced
- 1 onion medium, chopped
- 30 ounces cannellini beans with their juices
- 1/2 teaspoon salt
- 1/4 teaspoon red pepper flakes

## Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 21 grams
3. Fat: 4.5 grams
4. Fiber: 4 grams
5. Protein: 9 grams
6. Sodium: 190 milligrams
7. Sugar: 1 grams

---

Thank you for visiting our website. Hope you enjoy Italian Sangria above. You can see more 16 traditional italian sangria recipe They're simply irresistible! to get more great cooking ideas.