

## How Many Calories Are in a Glass of Wine?

| <u>Red Wine</u>             | <u>1oz</u> | <u>6oz</u> | <u>Bottle 750ml</u> |
|-----------------------------|------------|------------|---------------------|
| Cabernet Sauvignon          | 23         | 138        | 583                 |
| Côtes Du Rhône              | 24         | 142        | 600                 |
| Grenache (Garnacha)         | 24         | 146        | 609                 |
| Merlot                      | 25         | 150        | 634                 |
| Mouvedre                    | 26         | 156        | 659                 |
| Petite Sirah (Petite Syrah) | 25         | 150        | 634                 |
| Pinot Noir                  | 24         | 144        | 609                 |
| Sangiovese (Chianti)        | 25         | 150        | 634                 |
| Syrah (Shiraz)              | 24         | 144        | 609                 |
| Zinfandel                   | 26         | 156        | 659                 |

| <u>White Wine</u>     | <u>1oz</u> | <u>6oz</u> | <u>Bottle 750ml</u> |
|-----------------------|------------|------------|---------------------|
| Chardonnay            | 23         | 144        | 609                 |
| Gewürztraminer        | 26         | 156        | 659                 |
| Johannisberg Riesling | 22         | 132        | 558                 |
| Moscato               | 24         | 145        | 614                 |
| Riesling              | 24         | 144        | 609                 |
| Sauvignon Blanc       | 24         | 144        | 609                 |

