



## Berry White Sangria Pops



Gluten Free



Dairy Free



Low Fod Map

READY IN



490 min.

SERVINGS



7

CALORIES



80 kcal

DESSERT

### Ingredients

- 1 cup water hot
- 0.3 cup sugar
- 1 cup wine chilled
- 1 tablespoon pear liqueur orange-flavored
- 4 teaspoons juice of lemon fresh
- 1 cup strawberries fresh such as blueberries and thinly sliced strawberries

### Equipment

- bowl

aluminum foil

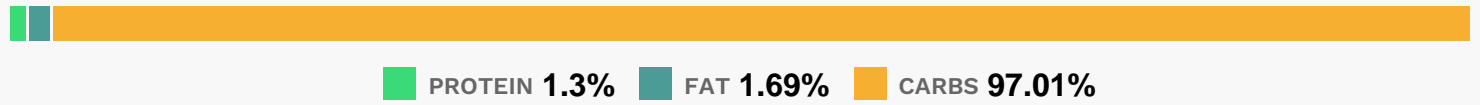
## Directions

In medium bowl, stir hot water and sugar until dissolved. Stir in wine, orange liqueur and lemon juice.

Divide fruit among 7 (5-oz) paper cups.

Pour wine mixture into cups. Cover cups with foil; insert craft stick into center of each pop. Freeze 8 hours or until frozen.

## Nutrition Facts



## Properties

Glycemic Index:15.73, Glycemic Load:7.12, Inflammation Score:-2, Nutrition Score:1.327391312984%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 79.63kcal (3.98%), Fat: 0.1g (0.15%), Saturated Fat: 0g (0.03%), Carbohydrates: 12.79g (4.26%), Net Carbohydrates: 12.37g (4.5%), Sugar: 11.4g (12.67%), Cholesterol: 0mg (0%), Sodium: 2.02mg (0.09%), Alcohol: 4.46g (100%), Alcohol %: 5.51% (100%), Protein: 0.17g (0.34%), Vitamin C: 13.2mg (16%), Manganese: 0.08mg (4.01%), Fiber: 0.42g (1.68%), Folate: 5.51µg (1.38%)