

DESSERT

Sangria Ice Pops

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
515 min	15 min	500 min	10	\$1.67	168 kcal



Sangrian Ice Pops is a gluten free, dairy free, lacto ovo vegetarian, and vegan dessert. One portion of this dish contains about 1g of protein, 0g of fat, and a total of 168 calories. This recipe serves 10 and costs \$1.67 per serving. This recipe from Foodnetwork requires apples, corn syrup, pears,...

Ingredients

- ☐ 2 apples, cored and chopped
- ☐ 2 tablespoons red grape juice
- ☐ 2 oranges, chopped
- ☐ 1 cup unsweetened pomegranate juice
- ☐ ¼ cup simple syrup
- ☐ 2 tablespoons corn syrup
- ☐ 2 tablespoons orange juice
- ☐ 2 ripe pears, chopped
- ☐ 750 ml fruity red wine

EQUIPMENT Sauce pan

Method

- 1

In a medium saucepan, reduce the wine to about 2 1/2 cups. While still hot, add the remaining ingredients and steep overnight, refrigerated.
- 2

Strain the mixture and fill ice pop molds; freeze until solid.

Nutrition per serving			
	168	1 g	0 g
	KCAL	PROTEIN	FAT
			29 g
			CARBS
Saturated Fat			0 g · 0% of daily needs
Fibre			2.6 g · 11% of daily needs
Sugar			23.6 g · 26% of daily needs
Sodium			13.8 mg · 1% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			18.9 mg · 23% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/sangria-ice-pops-148350