



White Peach Sangría Pops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



113 kcal

DESSERT

Ingredients

- ☐ 1.5 cups cooking wine dry white
- ☐ 3.5 inch food-safe wooden ice-cream spoons
- ☐ 0.5 cup kiwi fruit peeled chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 3 oz paper cups
- ☐ 0.5 cup peaches white unpeeled chopped
- ☐ 0.5 cup raspberries
- ☐ 0.3 cup sugar

☐ 1.5 cups grape juice white

Equipment

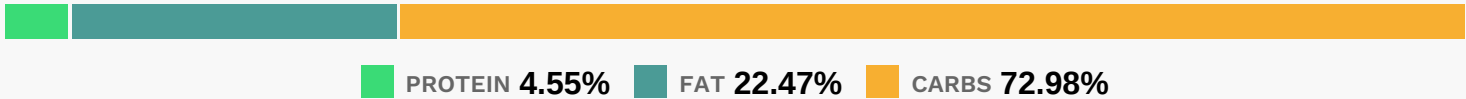
☐ aluminum foil

☐ measuring cup

Directions

- ☐ Combine wine, white grape juice, sugar, and fresh lemon juice in a 2-qt. measuring cup, stirring until sugar dissolves.
- ☐ Pour mixture into paper cups. Stir together peaches, raspberries, and kiwi fruit; spoon fruit mixture into cups.
- ☐ Cover each cup with aluminum foil; make a small slit in center, and insert 1 ice-cream spoon into each cup. Freeze 8 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:22.08, Glycemic Load:4.82, Inflammation Score:-2, Nutrition Score:2.3808695639119%

Flavonoids

Cyanidin: 2.69mg, Cyanidin: 2.69mg, Cyanidin: 2.69mg, Cyanidin: 2.69mg Petunidin: 0.34mg, Petunidin: 0.34mg, Petunidin: 0.34mg, Petunidin: 0.34mg Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg Malvidin: 3.56mg, Malvidin: 3.56mg, Malvidin: 3.56mg, Malvidin: 3.56mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 112.84kcal (5.64%), Fat: 2.39g (3.67%), Saturated Fat: 0.82g (5.13%), Carbohydrates: 17.45g (5.82%), Net Carbohydrates: 16.48g (5.99%), Sugar: 15.28g (16.98%), Cholesterol: 0.75mg (0.25%), Sodium: 30.3mg (1.32%), Alcohol: 3.09g (100%), Alcohol %: 4.12% (100%), Protein: 1.09g (2.18%), Vitamin C: 7.62mg (9.24%), Manganese: 0.16mg (7.79%), Fiber: 0.97g (3.88%), Vitamin K: 3.95µg (3.76%), Magnesium: 13.53mg (3.38%), Potassium: 111.35mg (3.18%), Phosphorus: 27.49mg (2.75%), Vitamin B3: 0.5mg (2.52%), Copper: 0.04mg (2.2%), Vitamin B6: 0.04mg (2.1%), Folate: 7.48µg (1.87%), Iron: 0.32mg (1.8%), Calcium: 16.87mg (1.69%), Vitamin B1: 0.02mg (1.6%), Vitamin B2: 0.03mg (1.52%), Vitamin E: 0.2mg (1.34%), Zinc: 0.2mg (1.34%), Vitamin B5: 0.12mg (1.18%)