

Peach Sangria Popsicles

Noelle Carter - Los Angeles Times
Scripps Treasure Coast Newspapers

Yield: 15 three-ounce popsicles

3 peaches
1 vanilla bean
1 bottle rose wine
1 cup sugar
very thin peach slices (for garnish)
fresh raspberries (for garnish)

Coarsely chop the peaches, discarding the seeds. Puree using a blender or food processor. Strain the puree into a large bowl, discarding any large bits.

Seed the vanilla bean. Place both the pod and the seeds in a non-reactive saucepan. Add one-half of the wine and sugar. Gently warm the mixture over low heat, stirring constantly, until the sugar is dissolved. Strain the mixture into the bowl with the puree, discarding the vanilla pod. Stir or whisk in the rest of the wine.

Place a very thin peach slice, along with a few raspberries, into each popsicle mold. Pour some of the mixture into each mold, leaving about 1/2-inch of space at the top. Place the lid on the molds and fit each with a wooden stick. Freeze until solid, three to four hours.

Remove the popsicles. Run the molds briefly under warm water to loosen. Pull the popsicles from the molds. Wrap the popsicles in plastic wrap and freeze if not serving immediately.

The frozen popsicles will keep for one to two weeks.

Per Serving (excluding unknown items): 921 Calories; trace Fat (0.2% calories from fat); 2g Protein; 233g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 2 Fruit; 13 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	921	Vitamin B6 (mg):	trace
% Calories from Fat:	0.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	98.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.9%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	trace	Folacin (mcg):	10mcg
Saturated Fat (g):	0g	Niacin (mg):	3mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	21
Cholesterol (mg):	0mg	% Refused:	n.n%
Carbohydrate (g):	233g	Food Exchanges	
Dietary Fiber (g):	6g	Grain (Starch):	0
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	3mg	Vegetable:	0
Potassium (mg):	612mg	Fruit:	2
Calcium (mg):	19mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	13 1/2
Vitamin C (mg):	19mg		
Vitamin A (i.u.):	1573IU		
Vitamin A (r.e.):	159RE		

Nutrition Facts

Amount Per Serving			
Calories	921	Calories from Fat:	2
% Daily Values*			
Total Fat	trace		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	3mg		0%
Total Carbohydrates	233g		78%
Dietary Fiber	6g		24%
Protein	2g		
Vitamin A			31%
Vitamin C			32%
Calcium			2%
Iron			3%

* Percent Daily Values are based on a 2000 calorie diet.