

# White Sangria Poptail

*BakersRoyale*  
*www.EndlessSimmer.com*

12 ounces (approx. 2 large)  
nectarines, pitted and skinned  
6 ounces (one cup) grapes, stemmed  
12 ounces Pinot Grigio wine  
4 ounces Triple Sec

Place the nectarines in a food processor or blender. Process until puree'd, about 1 to 2 minutes. Add the grapes, Pinot Grigio and Triple sec. Process or blend until fully combined.

Pour the mixture into popsicle molds. Freeze for about two hours or until the mixture starts to solidify enough to hold a popsicle stick upright. Insert the popsicle sticks and finish freezing overnight.

To release the popsicles, run hot water on the outside of the popsicle molds for 2 to 3 seconds.

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Per Serving (excluding unknown items): 1161 Calories; 7g Fat (6.5% calories from fat); 15g Protein; 227g Carbohydrate; 26g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 11 1/2 Fruit.

Desserts

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	1161	<b>Vitamin B6 (mg):</b>	.4mg
<b>% Calories from Fat:</b>	6.5%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	87.6%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	5.9%	<b>Riboflavin B2 (mg):</b>	.6mg
<b>Total Fat (g):</b>	7g	<b>Folacin (mcg):</b>	61mcg
<b>Saturated Fat (g):</b>	1g	<b>Niacin (mg):</b>	16mg
<b>Monounsaturated Fat (g):</b>	3g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	3g	<b>Alcohol (kcal):</b>	353
<b>Cholesterol (mg):</b>	0mg	<b>% Refuse:</b>	n n%
<b>Carbohydrate (g):</b>	227g		
<b>Dietary Fiber (g):</b>	26g		

## Food Exchanges

Grain (Starch): 0

**Protein (g):** 15g  
**Sodium (mg):** trace  
**Potassium (mg):** 3487mg  
**Calcium (mg):** 84mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 89mg  
**Vitamin A (i.u.):** 12026IU  
**Vitamin A (r.e.):** 1209RE

**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 11 1/2  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 1161 Calories from Fat: 75

### % Daily Values\*

<b>Total Fat</b>	7g		11%
	Saturated Fat	1g	4%
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	trace		0%
<b>Total Carbohydrates</b>	227g		76%
	Dietary Fiber	26g	105%
<b>Protein</b>	15g		
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<b>Vitamin A</b>			241%
<b>Vitamin C</b>			148%
<b>Calcium</b>			8%
<b>Iron</b>			13%

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