

Grilled Sangria

Food Network Magazine - June 2020

2 plums, halved and pitted
2 apricots, halved and pitted
2 peaches, halved and pitted
1 bottle (750 ml) rose' wine
1/2 cup coconut rum
1/4 cup superfine sugar

Grill the fruit over medium-high heat, turning occasionally, until slightly charred, about 4 minutes.

Transfer to a cutting board. Cut into large pieces. Transfer the fruit to a pitcher.

Add the rose' wine, rum and sugar.

Refrigerate overnight.

Per Serving (excluding unknown items): 190 Calories; 1g Fat (5.2% calories from fat); 3g Protein; 47g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 3 Fruit.