

# Summer Sangria Salad

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## Servings: 6

*2 cups fresh peaches, peeled and diced*  
*1 cup fresh strawberries, diced*  
*2 tablespoons sugar*  
*2 teaspoons lime zest*  
*2 tablespoons fresh lime juice*  
*1 1/2 cups dry white wine*  
*1 package (3 ounce) strawberry flavored gelatin*  
*1 package (3 ounce) lemon flavored gelatin*  
*2 cups lemon-lime soft drink, chilled*  
*1 cup fresh raspberries*

In a medium bowl, stir together the peaches, strawberries, sugar, lime zest and lime juice.

In a small saucepan over medium-high heat, bring the wine to a boil. In a large glass bowl, using a rubber spatula and scraping down the sides of the bowl as needed, stir together the boiling wine and both packages of gelatin for 2 minutes or until the gelatin dissolves.

Stir in the soft drink.

Fill a large bowl with ice. Place the bowl containing the gelatin mixture in the ice. Let stand for 10 minutes or until the consistency of unbeaten egg whites, stirring frequently.

Stir in the peach mixture and raspberries. Spoon the mixture into a six-cup ring mold. Cover and chill for eight hours or until firm.

Unmold onto a cake stand or serving platter.

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Per Serving (excluding unknown items): 100 Calories; trace Fat (3.3% calories from fat); 1g Protein; 16g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1/2 Fruit; 1/2 Other Carbohydrates.

## Salads

### Per Serving Nutritional Analysis

Calories (kcal):	100	Vitamin B6 (mg):	trace
% Calories from Fat:	3.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	92.0%	Thiamin B1 (mg):	trace

% Calories from Protein:	4.7%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	16g
Dietary Fiber (g):	3g
Protein (g):	1g
Sodium (mg):	3mg
Potassium (mg):	238mg
Calcium (mg):	18mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	25mg
Vitamin A (i.u.):	336IU
Vitamin A (r.e.):	34RE

Riboflavin B2 (mg):	trace
Folacin (mcg):	12mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	40
% Deficient:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	1/2

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

<b>Calories</b>	100	Calories from Fat: 3
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### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	3mg	0%
<b>Total Carbohydrates</b>	16g	5%
Dietary Fiber	3g	13%
<b>Protein</b>	1g	
<b>Vitamin A</b>		7%
<b>Vitamin C</b>		42%
<b>Calcium</b>		2%
<b>Iron</b>		2%

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