

# Rose' Raspberry Tea Thyme Icepop (Alcoholic)

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## **Servings: 8**

*6 raspberry herb tea bags  
3 tablespoons sugar  
6 sprigs fresh thyme  
3 cups fresh raspberries  
3/4 cup Rose' wine  
8 five-ounce paper cups  
8 popsicle sticks*

## **Preparation Time: 10 minutes**

Place eight five-ounce paper cups in a shallow baking pan.

In a medium bowl, combine the tea bags, sugar and thyme sprigs. Add two cups of boiling water.

Let stand for 5 minutes. Remove and discard the tea bags and thyme.

In a blender, combine the tea mixture and raspberries. Cover and blend to combine. Strain the mixture through a fine mesh sieve. Discard the seeds. Let stand for 5 minutes.

Using a spoon, remove any foam from the top of the tea mixture.

Stir the wine into the mixture. Pour the mixture into the prepared paper cups. Cover each cup with a square of foil. Using a knife, make a small hole in the center of each foil square. Slide a popsicle stick through each hole and into the mixture.

Freeze overnight.

To serve, peel the paper cup off of the icepop. Serve at once or place in a larger glass set in ice.

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Per Serving (excluding unknown items): 42 Calories; trace Fat (5.1% calories from fat); trace Protein; 10g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 1/2 Other Carbohydrates.

Beverages

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	42	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	5.1%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	90.9%	<b>Thiamin B1 (mg):</b>	0mg
<b>% Calories from Protein:</b>	4.0%	<b>Riboflavin B2 (mg):</b>	trace
<b>Total Fat (g):</b>	trace	<b>Folacin (mcg):</b>	13mcg
<b>Saturated Fat (g):</b>	0g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	trace	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	0mg	<b>% Refused:</b>	0.0%
<b>Carbohydrate (g):</b>	10g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	3g	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	trace	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	trace	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	76mg	<b>Fruit:</b>	1/2
<b>Calcium (mg):</b>	13mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	trace	<b>Fat:</b>	0
<b>Zinc (mg):</b>	trace	<b>Other Carbohydrates:</b>	1/2
<b>Vitamin C (mg):</b>	13mg		
<b>Vitamin A (i.u.):</b>	90IU		
<b>Vitamin A (r.e.):</b>	9RE		

**Nutrition Facts**

Servings per Recipe: 8

**Amount Per Serving**

**Calories** 42 **Calories from Fat:** 2

**% Daily Values\***

<b>Total Fat</b>	trace	0%
Saturated Fat	0g	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	trace	0%
<b>Total Carbohydrates</b>	10g	3%
Dietary Fiber	3g	13%
<b>Protein</b>	trace	
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<b>Vitamin A</b>		2%
<b>Vitamin C</b>		21%
<b>Calcium</b>		1%
<b>Iron</b>		2%

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