



Acai Berry Granita with Vitamin Burst K-Cup Packs



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



240 min.

SERVINGS



6

CALORIES



237 kcal

Ingredients

- ☐ 10 ounce meringue powder brewed
- ☐ 3.5 blackberries fresh (strawberries, blackberries, blueberries, raspberries)

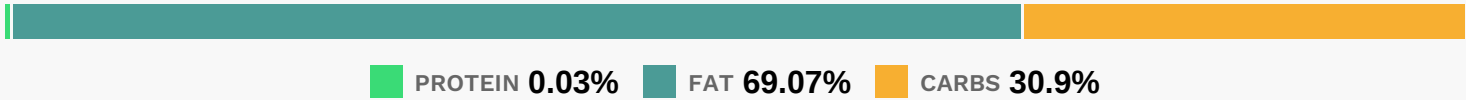
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ Remove ice from brewed Acai Berry Vitamin Burst and pour into blender.
- ☐ Add fresh berries and blend until pureed and smooth.
- ☐ Pour mixture into 9-inch square pan. Freeze berry mixture for 30 minutes, there should be ice crystals formed around edges of pan . With spoon or fork, scrape the ice crystals from edges and stir into the mixture. freeze mixture 3 to 3-1/2 hours more, stirring every 30 minutes, until all of the liquid is frozen. For a fluffy consistency, stir granita mixture with tines of fork just before serving.
- ☐ Scrape into wine goblets or dessert bowls to serve, garnish with mint of fresh berries. Store in air tight container.

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.8191305079862%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 236.75kcal (11.84%), Fat: 15.75g (24.24%), Saturated Fat: 0g (0%), Carbohydrates: 15.86g (5.29%), Net Carbohydrates: 0.05g (0.02%), Sugar: 0.06g (0.06%), Cholesterol: 0mg (0%), Sodium: 0.01mg (0%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.03%), Fiber: 15.81g (63.24%)