



Almond Granita



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



201 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 0.3 cup almond paste (not marzipan;)
- ☐ 3 ounces slivered almonds cooled toasted chopped
- ☐ 0.3 cup sugar
- ☐ 1.3 cups milk whole

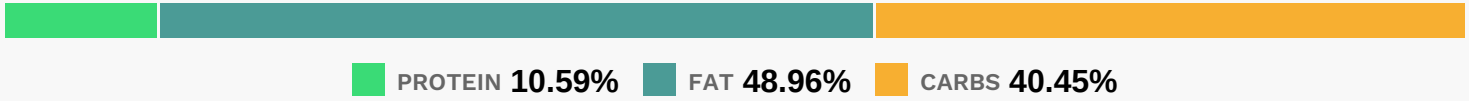
Equipment

- ☐ baking pan

Directions

☐ Purée all ingredients with 1 1/4 cups water in a blender until smooth. Set a fine-mesh strainer over a 9x9x2" metal baking pan; strain, discarding solids. Freeze mixture for 1 hour. Stir, mashing any frozen parts with the back of a fork. Cover and freeze mixture until firm, about 2 hours. Using a fork, scrape granita vigorously to form icy flakes. DO AHEAD: Can be made 3 days ahead. Cover tightly with foil and keep frozen. Give it a quick scrape before serving.

Nutrition Facts



Properties

Glycemic Index:19.68, Glycemic Load:8.79, Inflammation Score:-3, Nutrition Score:7.5121738824022%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 200.59kcal (10.03%), Fat: 11.36g (17.47%), Saturated Fat: 1.73g (10.83%), Carbohydrates: 21.11g (7.04%), Net Carbohydrates: 18.88g (6.87%), Sugar: 17.66g (19.62%), Cholesterol: 6.1mg (2.03%), Sodium: 20.48mg (0.89%), Alcohol: 0.23g (100%), Alcohol %: 0.34% (100%), Protein: 5.52g (11.05%), Vitamin E: 4.93mg (32.87%), Manganese: 0.41mg (20.44%), Vitamin B2: 0.27mg (16.1%), Phosphorus: 143.96mg (14.4%), Magnesium: 56.75mg (14.19%), Calcium: 117.11mg (11.71%), Copper: 0.19mg (9.54%), Fiber: 2.23g (8.9%), Potassium: 211.06mg (6.03%), Zinc: 0.79mg (5.28%), Vitamin B12: 0.27µg (4.57%), Vitamin B1: 0.07mg (4.36%), Iron: 0.68mg (3.8%), Vitamin D: 0.56µg (3.73%), Vitamin B3: 0.7mg (3.52%), Folate: 13.14µg (3.29%), Selenium: 2.01µg (2.87%), Vitamin B6: 0.05mg (2.7%), Vitamin B5: 0.27mg (2.67%), Vitamin A: 82.49IU (1.65%)