



Apple Celery Granita



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



6

CALORIES



133 kcal

DESSERT

Ingredients

- ☐ 1.5 pounds apples i use 2 granny smith apples 1-inch-thick cut lengthwise into sticks
- ☐ 1 tablespoons olive oil extra virgin fruity extra-virgin
- ☐ 1 pound celery stalks
- ☐ 6 servings sea salt
- ☐ 0.3 cup sugar
- ☐ 0.5 teaspoon wasabi paste
- ☐ 1 teaspoons water
- ☐ 1 C frangelico with back of a spoon crushed (1,000-mg) (ascorbic acid)

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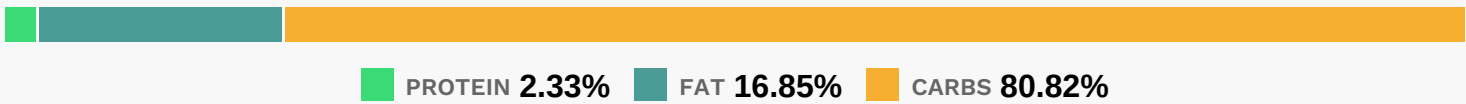
Equipment

- ☐ plastic wrap
- ☐ glass baking pan
- ☐ juicer

Directions

- ☐ Put crushed vitamin C and sugar in a 1-quart container that will fit under spout of juicer.
- ☐ Using juicer, juice apples and celery into container. Spoon off foam and stir until sugar is dissolved.
- ☐ Pour into an 8- to 9-inch square stainless-steel or glass baking pan and freeze until partially frozen, about 1 hour. Scrape and stir with a fork, crushing any lumps. Continue to freeze, scraping once or twice, until evenly frozen, about 2 hours more.
- ☐ Stir together wasabi and enough water to make a pourable sauce.
- ☐ Scrape granita to lighten, then serve sprinkled lightly with sea salt and drizzled lightly with oil and wasabi sauce.
- ☐ · Vitamin C (ascorbic acid) is available in powdered form at pharmacies and natural foods stores (for 1,000 mg, use 1/2 teaspoon). It will prevent the apple juice from turning brown.· It is not necessary to remove skin or seeds from apple sticks.· Granita can be made 2 days ahead and kept frozen, covered with plastic wrap once frozen. Scrape before serving.

Nutrition Facts



Properties

Glycemic Index:22.35, Glycemic Load:12.22, Inflammation Score:-4, Nutrition Score:5.1656521921572%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg Epicatechin 3-gallate:

0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg
Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg,
Epigallocatechin 3–gallate: 0.22mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg
Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.33mg, Kaempferol: 0.33mg,
Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin:
4.84mg

Nutrients (% of daily need)

Calories: 133.41kcal (6.67%), Fat: 2.69g (4.14%), Saturated Fat: 0.39g (2.41%), Carbohydrates: 29.06g (9.69%), Net
Carbohydrates: 25.1g (9.13%), Sugar: 23.9g (26.55%), Cholesterol: 0mg (0%), Sodium: 255.67mg (11.12%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.67%), Vitamin K: 26.05µg (24.81%), Fiber: 3.96g (15.85%),
Vitamin C: 7.73mg (9.38%), Potassium: 320.54mg (9.16%), Vitamin A: 400.82IU (8.02%), Folate: 30.69µg (7.67%),
Manganese: 0.12mg (6.01%), Vitamin B6: 0.1mg (5.18%), Vitamin E: 0.74mg (4.96%), Vitamin B2: 0.08mg (4.42%),
Calcium: 37.86mg (3.79%), Magnesium: 14.29mg (3.57%), Phosphorus: 30.95mg (3.1%), Copper: 0.06mg (2.94%),
Vitamin B5: 0.26mg (2.56%), Vitamin B1: 0.04mg (2.38%), Vitamin B3: 0.35mg (1.74%), Iron: 0.31mg (1.73%), Zinc:
0.15mg (1.01%)