



Apple Fennel Granita



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



6

CALORIES



67 kcal

DESSERT

Ingredients



3 cups apple juice hard (not)



1 teaspoon fennel seeds toasted



1.5 tablespoons superfine granulated sugar

Equipment



sieve



baking pan



mortar and pestle

Directions

- ☐ Finely grind fennel seeds in an electric coffee/spice grinder or with a mortar and pestle, then stir together with cider and sugar until sugar is dissolved.
- ☐ Pour mixture through a fine sieve into an 8- to 9-inch baking pan, discarding solids.
- ☐ Freeze, stirring and crushing lumps with a fork every 30 minutes, until evenly frozen, about 2 hours total. Scrape with a fork to lighten texture, crushing any lumps.
- ☐ Serve immediately or freeze, covered, up to 3 days (rescrape to lighten texture again if necessary).

Nutrition Facts



Properties

Glycemic Index:18.47, Glycemic Load:7.43, Inflammation Score:-1, Nutrition Score:1.03739129841%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 66.98kcal (3.35%), Fat: 0.21g (0.33%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 16.5g (5.5%), Net Carbohydrates: 16.13g (5.86%), Sugar: 14.35g (15.94%), Cholesterol: 0mg (0%), Sodium: 5.04mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.34%), Manganese: 0.11mg (5.46%), Potassium: 124.89mg (3.57%), Magnesium: 7.18mg (1.8%), Vitamin B1: 0.03mg (1.74%), Fiber: 0.37g (1.47%), Vitamin C: 1.13mg (1.37%), Calcium: 13.46mg (1.35%), Vitamin B2: 0.02mg (1.28%), Vitamin B6: 0.02mg (1.14%), Iron: 0.2mg (1.14%)