



Baklava with Rose Water and Tea Granita



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



136 kcal

DESSERT

Ingredients

- ☐ 6 tea bags black (preferably tea)
- ☐ 0.8 cup half and half
- ☐ 1 teaspoon rosewater
- ☐ 0.8 cup sugar
- ☐ 5 cups bottled water
- ☐ 6 servings purchased baklava
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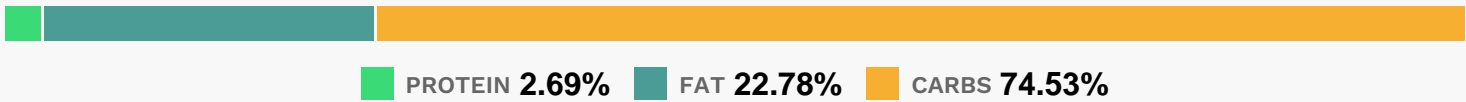
Equipment

☐ aluminum foil

Directions

- ☐ Stir 5 cups water, sugar, and rose water in large pitcher until sugar dissolves.
- ☐ Add tea bags, pushing to submerge. Cover with foil; place on sunny windowsill.
- ☐ Let steep until tea is dark, at least 3 hours.
- ☐ Remove tea bags and discard.
- ☐ Mix half and half into tea.
- ☐ Pour mixture into 13x9x2-inch glass dish. Freeze until frozen around edges, about 1 hour. Coarsely chop mixture in dish. Freeze until almost solid, about 1 hour longer.
- ☐ Working in 2 batches, transfer granita to processor and blend until smooth. Return to same dish and freeze 1 hour. Repeat blending in 2 batches 1 more time. Freeze 1 hour.
- ☐ Using tines of fork, scrape granita in dish into flakes. Cover; freeze.
- ☐ Do ahead: Can be made 1 day ahead.
- ☐ Spoon granita into dishes; sprinkle with rose petals, if desired.
- ☐ Serve granita with baklava.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:17.45, Inflammation Score:-1, Nutrition Score:1.0578260820197%

Nutrients (% of daily need)

Calories: 135.88kcal (6.79%), Fat: 3.56g (5.47%), Saturated Fat: 2.13g (13.29%), Carbohydrates: 26.2g (8.73%), Net Carbohydrates: 26.2g (9.53%), Sugar: 26.2g (29.11%), Cholesterol: 10.59mg (3.53%), Sodium: 28.56mg (1.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.89%), Calcium: 38.53mg (3.85%), Vitamin B2: 0.06mg (3.73%), Phosphorus: 28.74mg (2.87%), Vitamin A: 107.08IU (2.14%), Copper: 0.04mg (1.8%), Selenium: 1.12µg (1.6%), Magnesium: 5mg (1.25%), Potassium: 40.43mg (1.16%)