

Basil-Lemon Granita



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



107 kcal

DESSERT

Ingredients



0.3 cup basil leaves fresh minced (see notes)



4 to 5 lemons rinsed ()



0.7 cup sugar

Equipment



food processor



bowl



blender

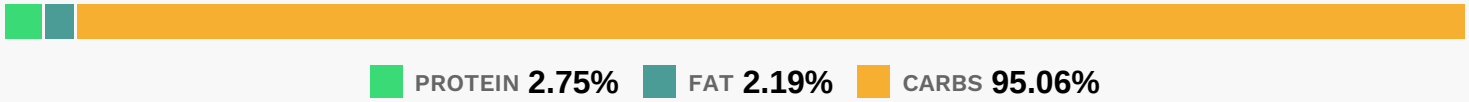


baking pan

Directions

- ☐ Grate 1 tablespoon peel (yellow part only) from about three lemons. Ream juice from enough lemons to make 3/4 cup. In an 8- or 9-inch square baking pan, mix peel, juice, and 1 1/2 cups water.
- ☐ In a food processor or blender, whirl sugar until very fine.
- ☐ Add basil and whirl until very finely minced. Stir sugar mixture into lemon mixture until sugar is dissolved.
- ☐ Cover and freeze mixture until firm, about 6 hours.
- ☐ Scrape the tines of a fork quickly across frozen mixture to break into fluffy granules. Scoop granita into chilled bowls or wine or sherbet glasses and serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.6, Glycemic Load:16.72, Inflammation Score:-3, Nutrition Score:3.8178260468918%

Flavonoids

Eriodictyol: 15.38mg, Eriodictyol: 15.38mg, Eriodictyol: 15.38mg, Eriodictyol: 15.38mg Hesperetin: 20.09mg, Hesperetin: 20.09mg, Hesperetin: 20.09mg, Hesperetin: 20.09mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Luteolin: 1.37mg, Luteolin: 1.37mg, Luteolin: 1.37mg, Luteolin: 1.37mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 106.74kcal (5.34%), Fat: 0.3g (0.45%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 28.88g (9.63%), Net Carbohydrates: 26.84g (9.76%), Sugar: 23.98g (26.65%), Cholesterol: 0mg (0%), Sodium: 1.72mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.67%), Vitamin C: 38.4mg (46.55%), Fiber: 2.04g (8.15%), Vitamin K: 5.53µg (5.27%), Vitamin B6: 0.06mg (2.98%), Potassium: 103.74mg (2.96%), Iron: 0.49mg (2.7%), Folate: 8.83µg (2.21%), Calcium: 21.3mg (2.13%), Vitamin B1: 0.03mg (1.95%), Manganese: 0.04mg (1.89%), Vitamin A: 86.17IU (1.72%), Copper: 0.03mg (1.67%), Magnesium: 6.61mg (1.65%), Vitamin B5: 0.14mg (1.4%), Phosphorus: 12.27mg (1.23%), Vitamin B2: 0.02mg (1.16%)