



Basil Plum Granita



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



320 min.

SERVINGS



4

CALORIES



211 kcal

DESSERT

Ingredients

- ☐ 0.8 cup basil leaves
- ☐ 1.5 pounds plums black pitted quartered
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.1 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 0.3 teaspoon vanilla extract
- ☐ 1 cup water
- ☐ 5 allspice whole

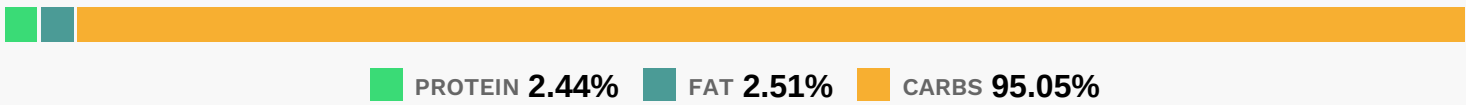
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ blender
- ☐ baking pan

Directions

- ☐ Place first 6 ingredients in a large saucepan over medium-high heat; bring to a boil. Reduce heat; simmer for 15 minutes or until plums begin to fall apart, stirring occasionally.
- ☐ Place pan in a large ice-filled bowl; cool completely, stirring occasionally. Discard allspice.
- ☐ Place the plum mixture, lime juice, and basil in a blender; process until well blended. Press the plum mixture through a fine sieve over a bowl, and discard solids.
- ☐ Pour the mixture into an 8-inch square glass or ceramic baking dish. Cover and freeze until partially frozen (about 2 hours). Scrape with a fork, crushing any lumps. Freeze for 3 hours, scraping with a fork every hour, or until completely frozen.

Nutrition Facts



Properties

Glycemic Index:48.44, Glycemic Load:29.89, Inflammation Score:-6, Nutrition Score:5.9300000278846%

Flavonoids

Cyanidin: 9.58mg, Cyanidin: 9.58mg, Cyanidin: 9.58mg, Cyanidin: 9.58mg Peonidin: 0.53mg, Peonidin: 0.53mg, Peonidin: 0.53mg, Peonidin: 0.53mg Catechin: 4.92mg, Catechin: 4.92mg, Catechin: 4.92mg, Catechin: 4.92mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 5.44mg, Epicatechin: 5.44mg, Epicatechin: 5.44mg, Epicatechin: 5.44mg Epicatechin 3-gallate: 1.29mg, Epicatechin 3-gallate: 1.29mg, Epicatechin 3-gallate: 1.29mg, Epicatechin 3-gallate: 1.29mg Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg

0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 210.54kcal (10.53%), Fat: 0.63g (0.97%), Saturated Fat: 0.03g (0.22%), Carbohydrates: 53.46g (17.82%), Net Carbohydrates: 50.95g (18.53%), Sugar: 50.31g (55.9%), Cholesterol: 0mg (0%), Sodium: 76.41mg (3.32%), Alcohol: 0.09g (100%), Alcohol %: 0.04% (100%), Protein: 1.37g (2.74%), Vitamin K: 29.61µg (28.2%), Vitamin C: 19.27mg (23.36%), Vitamin A: 828.64IU (16.57%), Fiber: 2.51g (10.04%), Potassium: 291.46mg (8.33%), Manganese: 0.15mg (7.36%), Copper: 0.13mg (6.45%), Magnesium: 16.18mg (4.04%), Vitamin B3: 0.77mg (3.83%), Vitamin B1: 0.05mg (3.41%), Vitamin E: 0.49mg (3.3%), Vitamin B2: 0.06mg (3.26%), Phosphorus: 30.94mg (3.09%), Folate: 12.36µg (3.09%), Vitamin B6: 0.06mg (2.97%), Iron: 0.47mg (2.58%), Vitamin B5: 0.25mg (2.48%), Calcium: 22.23mg (2.22%), Zinc: 0.22mg (1.49%)