



Blackberry Granita

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



251 kcal

DESSERT

Ingredients

- 1.5 cups blackberries fresh
- 2 tablespoons cooking wine dry red
- 0.5 cup sugar
- 0.5 cup water

Equipment

- food processor
- bowl
- frying pan

- sauce pan
- knife
- sieve

Directions

- Combine sugar and water in a small saucepan, stirring well. Bring mixture to a boil; cook, stirring constantly, 1 minute or until sugar dissolves.
- Let cool slightly.
- Position knife blade in food processor bowl; add sugar mixture, wine, and 1 1/2 cups blackberries. Process until smooth.
- Pour blackberry puree into a wire-mesh strainer; press with back of spoon against the sides of the strainer to squeeze out juice. Discard pulp and seeds remaining in strainer.
- Pour mixture into an 8-inch square pan. Cover and freeze at least 8 hours or until firm.
- To serve, scrape mixture with the tines of a fork until fluffy. Scoop into 2 dessert bowls, and serve immediately. If desired, garnish with additional blackberries and mint sprigs.

Nutrition Facts

■ PROTEIN **2.38%** ■ FAT **2.44%** ■ CARBS **95.18%**

Properties

Glycemic Index:47.55, Glycemic Load:36.07, Inflammation Score:-6, Nutrition Score:7.47608698451%

Flavonoids

Cyanidin: 107.95mg, Cyanidin: 107.95mg, Cyanidin: 107.95mg, Cyanidin: 107.95mg Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Pelargonidin: 0.49mg, Pelargonidin: 0.49mg, Pelargonidin: 0.49mg, Pelargonidin: 0.49mg Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg Catechin: 41.18mg, Catechin: 41.18mg, Catechin: 41.18mg, Catechin: 41.18mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 6.63mg, Epicatechin: 6.63mg, Epicatechin: 6.63mg, Epicatechin: 6.63mg Epigallocatechin 3-gallate: 0.73mg, Epigallocatechin 3-gallate: 0.73mg, Epigallocatechin 3-gallate: 0.73mg, Epigallocatechin 3-gallate: 0.73mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 251.39kcal (12.57%), Fat: 0.69g (1.06%), Saturated Fat: 0.02g (0.09%), Carbohydrates: 60.57g (20.19%), Net Carbohydrates: 54.84g (19.94%), Sugar: 55.17g (61.3%), Cholesterol: 0mg (0%), Sodium: 4.54mg (0.2%), Alcohol: 1.58g (100%), Alcohol %: 0.86% (100%), Protein: 1.51g (3.02%), Manganese: 0.7mg (34.98%), Vitamin C: 22.68mg (27.49%), Fiber: 5.72g (22.9%), Vitamin K: 21.38µg (20.37%), Copper: 0.19mg (9.56%), Vitamin E: 1.26mg (8.42%), Folate: 27µg (6.75%), Magnesium: 22.19mg (5.55%), Potassium: 175.96mg (5.03%), Vitamin A: 231.12IU (4.62%), Zinc: 0.58mg (3.89%), Iron: 0.69mg (3.86%), Vitamin B3: 0.7mg (3.49%), Calcium: 33.59mg (3.36%), Vitamin B5: 0.3mg (2.98%), Phosphorus: 23.76mg (2.38%), Vitamin B2: 0.04mg (2.21%), Vitamin B6: 0.03mg (1.62%), Vitamin B1: 0.02mg (1.44%), Selenium: 0.73µg (1.05%)