



Blackberry Granita



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



148 kcal

DESSERT

Ingredients

- ☐ 6 ounces blackberries cut in half crosswise
- ☐ 1 tablespoon creme de cassis (black-currant liqueur; optional)
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 1 pinch kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest finely grated plus more for garnish
- ☐ 0.5 cup mascarpone cheese
- ☐ 2 tablespoons sugar

☐ 0.1 teaspoon vanilla extract

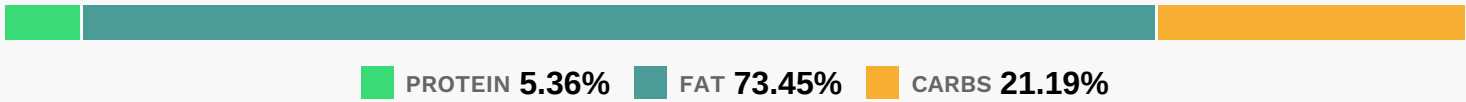
Equipment

- ☐ bowl
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ baking pan

Directions

- ☐ Purée blackberries, sugar, crème de cassis, if using, lemon juice, salt, and 1 cup water in a blender until smooth. Strain purée through a fine-mesh sieve into a 13x9x2" baking pan, pressing on solids.
- ☐ Freeze mixture until edges begin to set, about 30 minutes. Using a fork, scrape to break up frozen portions. Freeze, scraping and breaking up mixture every 20–30 minutes, until mixture resembles fluffy shaved ice, 2–4 hours.
- ☐ DO AHEAD: Granita can be made 3 days ahead. Cover with plastic wrap and keep frozen. Scrape before serving.
- ☐ Just before serving, whisk mascarpone, cream, sugar, lemon juice, vanilla, and 1/2 teaspoon lemon zest in a medium bowl until soft peaks form.
- ☐ Serve granita topped with lemon cream, halved blackberries, and more lemon zest.

Nutrition Facts



Properties

Glycemic Index:15.85, Glycemic Load:3.1, Inflammation Score:-4, Nutrition Score:2.7886956748755%

Flavonoids

Cyanidin: 28.34mg, Cyanidin: 28.34mg, Cyanidin: 28.34mg, Cyanidin: 28.34mg Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg

Peonidin: 0.06mg Catechin: 10.51mg, Catechin: 10.51mg, Catechin: 10.51mg, Catechin: 10.51mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 147.81kcal (7.39%), Fat: 12.18g (18.73%), Saturated Fat: 7.54g (47.1%), Carbohydrates: 7.9g (2.63%), Net Carbohydrates: 6.37g (2.32%), Sugar: 6.07g (6.75%), Cholesterol: 29.96mg (9.99%), Sodium: 20.11mg (0.87%), Alcohol: 0.03g (100%), Alcohol %: 0.05% (100%), Protein: 2g (4%), Vitamin A: 469.18IU (9.38%), Manganese: 0.18mg (9.21%), Vitamin C: 7.2mg (8.72%), Fiber: 1.53g (6.11%), Vitamin K: 5.93µg (5.65%), Calcium: 41.57mg (4.16%), Vitamin E: 0.43mg (2.85%), Copper: 0.05mg (2.45%), Folate: 8.01µg (2%), Potassium: 58.42mg (1.67%), Magnesium: 6.57mg (1.64%), Vitamin B2: 0.03mg (1.61%), Phosphorus: 12.21mg (1.22%), Zinc: 0.18mg (1.19%), Vitamin B5: 0.11mg (1.07%), Iron: 0.19mg (1.07%), Vitamin D: 0.16µg (1.06%)