



Blackberry Merlot Granita



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



260 min.

SERVINGS



4

CALORIES



186 kcal

DESSERT

Ingredients

- ☐ 4 cups blackberries fresh
- ☐ 1 stick cinnamon (3-inch)
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup merlot
- ☐ 0.5 cup sugar
- ☐ 0.8 cup water

Equipment

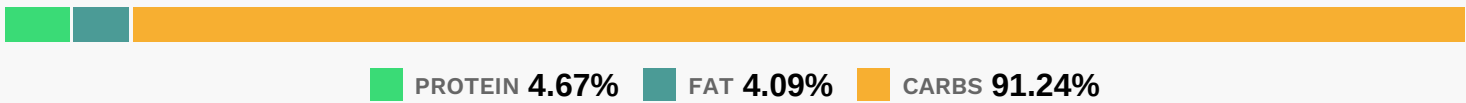
- ☐ bowl

- ☐ sauce pan
- ☐ sieve
- ☐ baking pan

Directions

- ☐ Combine all ingredients in a medium saucepan over medium heat; bring to a boil, stirring occasionally.
- ☐ Remove from heat; let stand 15 minutes.
- ☐ Strain the mixture through a fine sieve over a bowl, reserving soaking liquid (do not press berries or the mixture will be cloudy). Reserve berries for another use.
- ☐ Pour mixture into an 8-inch square glass or ceramic baking dish. Cover and freeze until partially frozen (about 2 hours). Scrape mixture with a fork, crushing any lumps. Freeze for 3 hours or until completely frozen, scraping with a fork every hour.
- ☐ Remove from freezer; scrape mixture with a fork until fluffy.

Nutrition Facts



Properties

Glycemic Index:28.77, Glycemic Load:19.13, Inflammation Score:-7, Nutrition Score:10.877391229505%

Flavonoids

Cyanidin: 143.93mg, Cyanidin: 143.93mg, Cyanidin: 143.93mg, Cyanidin: 143.93mg Pelargonidin: 0.65mg, Pelargonidin: 0.65mg, Pelargonidin: 0.65mg, Pelargonidin: 0.65mg Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg Catechin: 53.37mg, Catechin: 53.37mg, Catechin: 53.37mg, Catechin: 53.37mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 6.71mg, Epicatechin: 6.71mg, Epicatechin: 6.71mg, Epicatechin: 6.71mg Epigallocatechin 3-gallate: 0.98mg, Epigallocatechin 3-gallate: 0.98mg, Epigallocatechin 3-gallate: 0.98mg, Epigallocatechin 3-gallate: 0.98mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg

Nutrients (% of daily need)

Calories: 185.64kcal (9.28%), Fat: 0.81g (1.24%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 40.44g (13.48%), Net Carbohydrates: 32.33g (11.76%), Sugar: 32.27g (35.86%), Cholesterol: 0mg (0%), Sodium: 5.21mg (0.23%), Alcohol: 3.13g (100%), Alcohol %: 1.6% (100%), Protein: 2.07g (4.14%), Manganese: 1.12mg (56.17%), Vitamin C: 31.72mg (38.45%), Fiber: 8.11g (32.43%), Vitamin K: 28.78µg (27.41%), Copper: 0.25mg (12.66%), Vitamin E: 1.71mg (11.4%), Folate: 37.1µg (9.27%), Magnesium: 33.53mg (8.38%), Potassium: 278.88mg (7.97%), Vitamin A: 310.97IU (6.22%), Iron: 1.12mg (6.2%), Zinc: 0.83mg (5.53%), Calcium: 54.69mg (5.47%), Vitamin B3: 1.01mg (5.06%), Vitamin B5: 0.41mg (4.14%), Phosphorus: 39.33mg (3.93%), Vitamin B6: 0.06mg (3.16%), Vitamin B2: 0.05mg (3.07%), Vitamin B1: 0.03mg (2.09%), Selenium: 0.82µg (1.17%)