

Blueberry Ginger Granita



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



1500 min.

SERVINGS



4

CALORIES



152 kcal

DESSERT

Ingredients

- ☐ 2.5 cups blueberries frozen thawed
- ☐ 2 tablespoons ginger fresh peeled chopped
- ☐ 0.5 cup superfine granulated sugar
- ☐ 2 teaspoons juice of lime fresh
- ☐ 0.8 cup water

Equipment

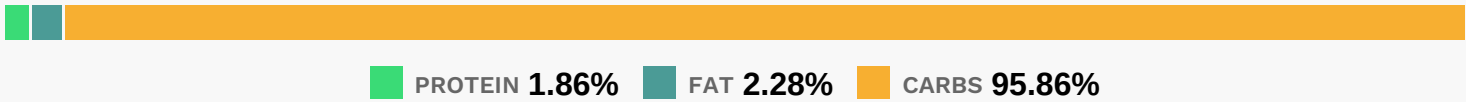
- ☐ food processor
- ☐ sieve

☐ baking pan

Directions

- ☐ Finely grind ginger with sugar in a food processor.
- ☐ Add blueberries and purée until smooth. Force purée through a fine sieve into an 8- to 9-inch baking pan, pressing hard on solids (discard solids). Stir in water and lime juice.
- ☐ Freeze, stirring and crushing lumps with a fork every hour, until evenly frozen, about 4 hours total. Scrape with a fork to lighten texture, crushing any lumps.
- ☐ Serve immediately or freeze, covered, up to 3 days (rescrape to lighten texture again if necessary).

Nutrition Facts



Properties

Glycemic Index:31.27, Glycemic Load:22.01, Inflammation Score:-3, Nutrition Score:3.6804347893466%

Flavonoids

Cyanidin: 7.83mg, Cyanidin: 7.83mg, Cyanidin: 7.83mg, Cyanidin: 7.83mg Petunidin: 29.17mg, Petunidin: 29.17mg, Petunidin: 29.17mg, Petunidin: 29.17mg Delphinidin: 32.77mg, Delphinidin: 32.77mg, Delphinidin: 32.77mg, Delphinidin: 32.77mg Malvidin: 62.52mg, Malvidin: 62.52mg, Malvidin: 62.52mg, Malvidin: 62.52mg Peonidin: 18.77mg, Peonidin: 18.77mg, Peonidin: 18.77mg, Peonidin: 18.77mg Catechin: 4.89mg, Catechin: 4.89mg, Catechin: 4.89mg, Catechin: 4.89mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg

Nutrients (% of daily need)

Calories: 152.4kcal (7.62%), Fat: 0.41g (0.64%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 39.14g (13.05%), Net Carbohydrates: 36.84g (13.4%), Sugar: 34.26g (38.07%), Cholesterol: 0mg (0%), Sodium: 3.9mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.52%), Vitamin K: 17.87µg (17.02%), Manganese: 0.32mg (16.01%), Vitamin C: 9.9mg (12%), Fiber: 2.3g (9.2%), Vitamin E: 0.54mg (3.61%), Copper: 0.07mg (3.51%), Vitamin B6: 0.05mg (2.73%), Vitamin B2: 0.04mg (2.6%), Potassium: 89.18mg (2.55%), Vitamin B1: 0.04mg (2.38%), Vitamin B3:

0.42mg (2.08%), Magnesium: 7.7mg (1.92%), Iron: 0.29mg (1.64%), Folate: 6.18µg (1.55%), Phosphorus: 12.64mg (1.26%), Vitamin B5: 0.12mg (1.25%), Zinc: 0.17mg (1.13%), Vitamin A: 51.2IU (1.02%)