



Blueberry Granita with Berry Compote



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



174 kcal

DESSERT

Ingredients

- ☐ 0.8 cup blueberries fresh
- ☐ 1.5 pounds blueberries fresh
- ☐ 1 teaspoon juice of lemon
- ☐ 3 tablespoons juice of lemon
- ☐ 2 inch lemon rind (with vegetable peeler)
- ☐ 2 cups strawberries (divided quartered)
- ☐ 0.3 cup sugar
- ☐ 0.8 cup sugar

- ☐ 0.5 cup water
- ☐ 1.5 cups water divided

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ blender
- ☐ glass baking pan

Directions

- ☐ To prepare granita, place blueberries in a food processor or blender; process until smooth. With food processor still on, slowly pour 1 cup water through food chute; process until well blended. Strain blueberry mixture through a fine sieve into a bowl; discard solids.
- ☐ Combine 1/2 cup water and 3/4 cup sugar in a small saucepan over high heat, stirring until sugar dissolves. Stir sugar mixture and 3 tablespoons juice into blueberry mixture.
- ☐ Pour mixture into a 13 x 9-inch glass baking dish; let cool to room temperature. Freeze 1 1/2 to 2 hours or until ice crystals begin to form.
- ☐ Remove mixture from freezer; stir well with a fork. Return dish to freezer; freeze 2 hours, stirring every 30 minutes or until slushy. Cover and freeze 1 hour.
- ☐ To prepare compote, place 1 cup strawberries in a food processor or blender; process until smooth. Strain strawberry mixture through a fine sieve into a bowl; discard solids.
- ☐ Combine 1/2 cup water, 1/3 cup sugar, and rind in a medium saucepan over medium-high heat; bring to a boil. Cook 1 minute; remove from heat. Discard rind.
- ☐ Add pureed strawberries, quartered strawberries, blueberries, and 1 teaspoon juice to pan; stir gently to combine.
- ☐ Let cool to room temperature. Cover and chill. Spoon compote into each of 8 bowls; top with granita.

Nutrition Facts



 **PROTEIN 2.15%**  **FAT 2.58%**  **CARBS 95.27%**

Properties

Glycemic Index:32.52, Glycemic Load:24.51, Inflammation Score:-4, Nutrition Score:6.0952173808347%

Flavonoids

Cyanidin: 8.97mg, Cyanidin: 8.97mg, Cyanidin: 8.97mg, Cyanidin: 8.97mg Petunidin: 31.23mg, Petunidin: 31.23mg, Petunidin: 31.23mg, Petunidin: 31.23mg Delphinidin: 35.16mg, Delphinidin: 35.16mg, Delphinidin: 35.16mg, Delphinidin: 35.16mg Malvidin: 66.87mg, Malvidin: 66.87mg, Malvidin: 66.87mg, Malvidin: 66.87mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 20.09mg, Peonidin: 20.09mg, Peonidin: 20.09mg, Peonidin: 20.09mg Catechin: 6.35mg, Catechin: 6.35mg, Catechin: 6.35mg, Catechin: 6.35mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 1.3mg, Myricetin: 1.3mg, Myricetin: 1.3mg, Myricetin: 1.3mg Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 173.85kcal (8.69%), Fat: 0.54g (0.83%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 44.62g (14.87%), Net Carbohydrates: 41.44g (15.07%), Sugar: 38.83g (43.14%), Cholesterol: 0mg (0%), Sodium: 4.68mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (2.01%), Vitamin C: 34mg (41.21%), Manganese: 0.47mg (23.66%), Vitamin K: 19.88µg (18.94%), Fiber: 3.18g (12.72%), Vitamin E: 0.68mg (4.53%), Copper: 0.09mg (4.33%), Potassium: 139.25mg (3.98%), Folate: 15.91µg (3.98%), Vitamin B6: 0.07mg (3.62%), Vitamin B2: 0.06mg (3.24%), Vitamin B1: 0.05mg (3.14%), Magnesium: 11.68mg (2.92%), Vitamin B3: 0.56mg (2.8%), Iron: 0.45mg (2.49%), Phosphorus: 21.09mg (2.11%), Vitamin B5: 0.18mg (1.78%), Calcium: 14.97mg (1.5%), Zinc: 0.22mg (1.48%), Vitamin A: 58.43IU (1.17%)