



Cafe Au Lait Granita



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



44 kcal

DESSERT

Ingredients



3 cups milk 1% low-fat



3 cups strong coffee decoction hot brewed



0.5 cup sugar

Equipment

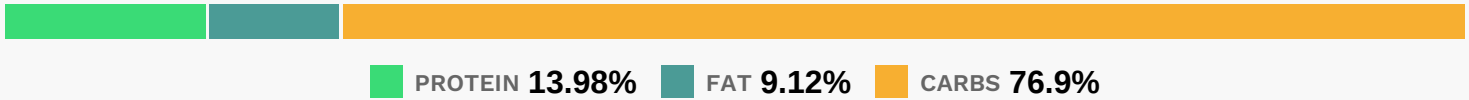


food processor

Directions

- ☐
- Combine all ingredients in a pitcher; stir until sugar dissolves.
- ☐
- Pour into ice cube trays; freeze 4 hours or until firm.
- ☐
- Let stand at room temperature 10 minutes.
- ☐
- Place the frozen cubes in a food processor; process until smooth. Spoon into chilled dishes; serve immediately.

Nutrition Facts



Properties

Glycemic Index:4.38, Glycemic Load:4.36, Inflammation Score:-1, Nutrition Score:1.7704347835287%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Myricetin: 0.02mg,
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin:
0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 43.53kcal (2.18%), Fat: 0.45g (0.69%), Saturated Fat: 0.25g (1.58%), Carbohydrates: 8.52g (2.84%), Net
Carbohydrates: 8.52g (3.1%), Sugar: 8.43g (9.37%), Cholesterol: 2.21mg (0.74%), Sodium: 18.21mg (0.79%), Alcohol:
Og (100%), Alcohol %: 0% (100%), Caffeine: 17.77mg (5.93%), Protein: 1.55g (3.1%), Vitamin B2: 0.1mg (5.7%),
Calcium: 56.71mg (5.67%), Phosphorus: 46.91mg (4.69%), Vitamin B12: 0.27µg (4.5%), Vitamin D: 0.49µg (3.24%),
Vitamin B5: 0.27mg (2.73%), Potassium: 92.26mg (2.64%), Vitamin B1: 0.03mg (2.1%), Vitamin A: 86.73IU (1.73%),
Magnesium: 6.64mg (1.66%), Selenium: 0.97µg (1.38%), Vitamin B6: 0.03mg (1.35%), Zinc: 0.2mg (1.33%)