



Cantaloupe and Cream Sherry Granita

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



1500 min.

SERVINGS



10

CALORIES



72 kcal

DESSERT

Ingredients

- 2 medium cantaloupe seeded cut into 1-inch pieces (8 cups)
- 6 tablespoons cooking sherry
- 0.3 cup juice of lemon fresh
- 0.3 cup sugar
- 0.5 cup water

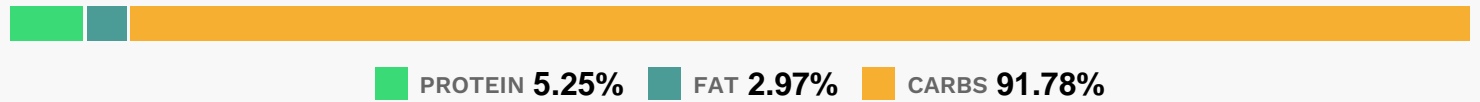
Equipment

- blender
- baking pan

Directions

- Bring water and sugar to a boil, stirring until sugar has dissolved, then cool syrup.
- Purée cantaloupes with syrup, lemon juice, Sherry, and 1/8 teaspoon salt in a blender (in batches if necessary) until smooth.
- Pour into a 13- by 9-inch nonreactive baking dish and freeze until partially frozen, about 2 hours. Scrape and stir with a fork, crushing any lumps.
- Continue to freeze, scraping once or twice, until evenly frozen, about 3 hours more.
- Granita can be made 2 days ahead. Scrape before serving.

Nutrition Facts



Properties

Glycemic Index:15.26, Glycemic Load:10.17, Inflammation Score:-9, Nutrition Score:6.3260870005773%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 71.92kcal (3.6%), Fat: 0.23g (0.36%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 16.3g (5.43%), Net Carbohydrates: 15.4g (5.6%), Sugar: 15.59g (17.33%), Cholesterol: 0mg (0%), Sodium: 34.29mg (1.49%), Alcohol: 0.93g (100%), Alcohol %: 0.82% (100%), Protein: 0.93g (1.87%), Vitamin A: 3734.09IU (74.68%), Vitamin C: 14.39mg (17.45%), Potassium: 186.13mg (5.32%), Copper: 0.1mg (4.88%), Folate: 16.77µg (4.19%), Magnesium: 15.74mg (3.93%), Vitamin B3: 0.78mg (3.91%), Vitamin B1: 0.06mg (3.73%), Fiber: 0.9g (3.61%), Zinc: 0.5mg (3.34%), Vitamin K: 3.02µg (2.87%), Manganese: 0.06mg (2.84%), Selenium: 1.93µg (2.76%), Vitamin B6: 0.05mg (2.57%), Iron: 0.45mg (2.51%), Phosphorus: 20.88mg (2.09%), Vitamin B2: 0.03mg (1.96%), Vitamin B5: 0.13mg (1.28%), Calcium: 11.53mg (1.15%)