

Cantaloupe Granita



Vegetarian



Gluten Free



Dairy Free

READY IN



225 min.

SERVINGS



10

CALORIES



53 kcal

DESSERT

Ingredients

- ☐ 2 cups wedges honeydew melon cubed
- ☐ 2 cups soymilk
- ☐ 3 tablespoons honey
- ☐ 0.8 teaspoon ground ginger

Equipment

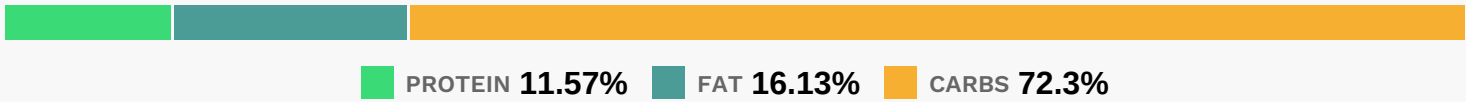
- ☐ food processor
- ☐ bowl
- ☐ blender

☐ glass baking pan

Directions

- ☐ Place all ingredients in blender or food processor. Cover; blend on high speed about 30 seconds or until smooth.
- ☐ Pour into 8- or 9-inch square glass baking dish.
- ☐ Freeze 30 minutes. When ice crystals begin to form at edges of dish, stir mixture with fork. Freeze 2 hours 30 minutes to 3 hours longer, stirring every 30 minutes, until firm.
- ☐ To serve, spoon into individual bowls.

Nutrition Facts



Properties

Glycemic Index:8.57, Glycemic Load:3.19, Inflammation Score:-2, Nutrition Score:4.0669565032358%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 53.13kcal (2.66%), Fat: 0.99g (1.53%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 10.02g (3.34%), Net Carbohydrates: 9.52g (3.46%), Sugar: 9.13g (10.15%), Cholesterol: 0mg (0%), Sodium: 30.01mg (1.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.21%), Vitamin C: 9.55mg (11.58%), Vitamin B3: 1.72mg (8.59%), Vitamin B12: 0.51µg (8.5%), Vitamin E: 1.2mg (7.97%), Vitamin B6: 0.14mg (7.12%), Calcium: 68.67mg (6.87%), Vitamin B2: 0.1mg (5.92%), Folate: 21.71µg (5.43%), Potassium: 149.33mg (4.27%), Vitamin A: 202.54IU (4.05%), Vitamin D: 0.57µg (3.78%), Copper: 0.07mg (3.46%), Manganese: 0.06mg (3.21%), Vitamin B1: 0.04mg (2.82%), Selenium: 1.46µg (2.08%), Fiber: 0.49g (1.98%), Iron: 0.35mg (1.92%), Zinc: 0.16mg (1.09%)