



Cantaloupe Granita



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



159 kcal

DESSERT

Ingredients

- 4 cups cantaloupe chopped
- 2 tablespoons juice of lemon fresh
- 0.8 cup sugar
- 1.3 cups asti spumante italian (sparkling wine)

Equipment

- bowl
- whisk
- baking pan

aluminum foil

Directions

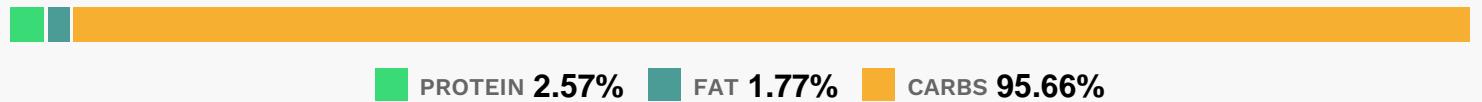
Purée cantaloupe in processor; transfer to large bowl.

Add remaining ingredients; stir to dissolve sugar.

Pour mixture into 9-inch square metal baking pan. Freeze mixture until partially set, whisking twice, about 2 hours. Freeze uncovered without whisking until completely set, at least 3 hours or overnight. Run tines of fork across surface of granita to form icy flakes. Cover with foil; freeze until ready to serve or up to 2 days. Mound granita in 6 ice-cold Martini glasses.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.93, Glycemic Load:22.75, Inflammation Score:-9, Nutrition Score:6.3278262783652%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 159.31kcal (7.97%), Fat: 0.28g (0.44%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 34.56g (11.52%), Net Carbohydrates: 33.69g (12.25%), Sugar: 34.08g (37.87%), Cholesterol: 0mg (0%), Sodium: 35.97mg (1.56%), Alcohol: 3.36g (100%), Alcohol %: 2.25% (100%), Protein: 0.93g (1.86%), Vitamin A: 3607.77IU (72.16%), Vitamin C: 13.56mg (16.44%), Potassium: 219.27mg (6.26%), Copper: 0.1mg (4.95%), Magnesium: 19.41mg (4.85%), Folate: 16.46µg (4.11%), Vitamin B3: 0.8mg (3.99%), Vitamin B1: 0.05mg (3.56%), Iron: 0.63mg (3.51%), Fiber: 0.87g (3.47%), Zinc: 0.52mg (3.44%), Selenium: 2.07µg (2.96%), Vitamin B6: 0.06mg (2.77%), Vitamin K: 2.88µg (2.74%), Phosphorus: 26.4mg (2.64%), Vitamin B2: 0.04mg (2.33%), Manganese: 0.05mg (2.27%), Calcium: 14.87mg (1.49%), Vitamin B5: 0.12mg (1.19%)