



Cantaloupe Granita



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



4

CALORIES



76 kcal

DESSERT

Ingredients

- ☐ 2 cups cantaloupe seeded coarsely chopped (from)
- ☐ 1 cup ice cubes
- ☐ 0.5 tablespoon juice of lemon fresh to taste
- ☐ 0.3 cup sugar to taste

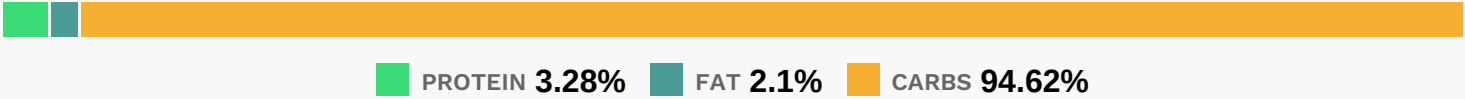
Equipment

- ☐ frying pan
- ☐ blender

Directions

 Purée all ingredients in a blender until smooth, then pour into a 13- by 9-inch metal pan and freeze until mixture becomes a firm slush, at least 40 minutes. Scrape with a fork and serve in chilled glasses.

Nutrition Facts



Properties

Glycemic Index:34.4, Glycemic Load:12.7, Inflammation Score:-9, Nutrition Score:4.4891304594019%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 75.74kcal (3.79%), Fat: 0.19g (0.29%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 19.11g (6.37%), Net Carbohydrates: 18.46g (6.71%), Sugar: 18.83g (20.92%), Cholesterol: 0mg (0%), Sodium: 27.1mg (1.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.33%), Vitamin A: 2705.71IU (54.11%), Vitamin C: 9.45mg (11.45%), Copper: 0.08mg (3.93%), Potassium: 127.78mg (3.65%), Folate: 11.57µg (2.89%), Vitamin B3: 0.56mg (2.78%), Magnesium: 11.1mg (2.78%), Vitamin B1: 0.04mg (2.64%), Fiber: 0.65g (2.58%), Zinc: 0.36mg (2.4%), Vitamin K: 2.16µg (2.06%), Selenium: 1.44µg (2.05%), Iron: 0.31mg (1.73%), Manganese: 0.03mg (1.68%), Vitamin B6: 0.03mg (1.64%), Vitamin B2: 0.02mg (1.43%), Phosphorus: 13.75mg (1.38%)