



Cappuccino Granita



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



155 min.

SERVINGS



7

CALORIES



74 kcal

DESSERT

Ingredients

- ☐ 0.5 cup sugar
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 3 cups strong coffee decoction cold
- ☐ 1 cup soymilk light

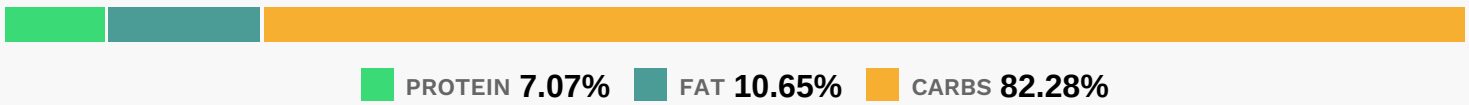
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place 13x9-inch pan in freezer to chill. Meanwhile, in medium bowl, stir together all ingredients.
- ☐ Pour mixture into chilled pan; freeze 30 minutes. When ice crystals begin to form at edges of pan, stir mixture with fork. Freeze about 2 hours longer, stirring every 30 minutes, until completely frozen.
- ☐ To serve, scoop into individual dessert bowls.
- ☐ Garnish as desired.

Nutrition Facts



Properties

Glycemic Index:14.79, Glycemic Load:10.32, Inflammation Score:-2, Nutrition Score:3.351739131886%

Flavonoids

Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.85mg, Epicatechin: 2.85mg, Epicatechin: 2.85mg, Epicatechin: 2.85mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 74.44kcal (3.72%), Fat: 0.93g (1.43%), Saturated Fat: 0.19g (1.17%), Carbohydrates: 16.22g (5.41%), Net Carbohydrates: 15.56g (5.66%), Sugar: 15.14g (16.82%), Cholesterol: 0mg (0%), Sodium: 19.33mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 43.91mg (14.64%), Protein: 1.39g (2.79%), Vitamin B2: 0.15mg (8.85%), Vitamin B3: 1.34mg (6.68%), Vitamin B12: 0.36µg (6.07%), Vitamin E: 0.86mg (5.74%), Calcium: 51.2mg (5.12%), Copper: 0.1mg (4.93%), Vitamin B6: 0.08mg (4.06%), Manganese: 0.08mg (3.94%), Potassium: 119.31mg (3.41%), Folate: 13.28µg (3.32%), Vitamin C: 2.43mg (2.94%), Vitamin D: 0.4µg (2.7%), Fiber: 0.66g (2.65%), Vitamin A: 132.5IU (2.65%), Vitamin B5: 0.26mg (2.62%), Magnesium: 10.18mg (2.54%), Vitamin B1: 0.04mg (2.42%), Iron: 0.38mg (2.12%), Selenium: 1.07µg (1.52%), Phosphorus: 13.53mg (1.35%), Zinc: 0.2mg (1.33%)