

# Cappuccino Granita



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



53 kcal

DESSERT

## Ingredients

- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 cup ground coffee beans
- ☐ 0.5 cup milk 1% low-fat
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water
- ☐ 1.8 cups water

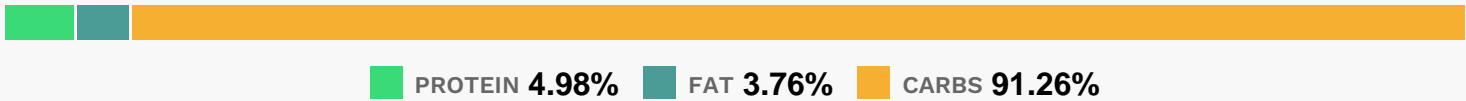
## Equipment

- ☐ sauce pan
- ☐ baking pan

## Directions

- ☐ Assemble drip coffee maker according to manufacturer's directions.
- ☐ Place ground coffee in the coffee filter or filter basket.
- ☐ Add 1 3/4 cups water to coffee maker and brew; set coffee aside.
- ☐ Combine sugar and 1/3 cup water in a small saucepan. Bring to a boil, and cook 1 minute or until sugar dissolves. Stir in vanilla and cinnamon.
- ☐ Remove from heat, and stir in brewed coffee and milk.
- ☐ Cool coffee mixture completely; pour into an 8-inch square baking dish. Cover and freeze at least 8 hours or until firm.
- ☐ Remove coffee mixture from freezer; scrape entire mixture with a fork until fluffy. Spoon into a freezer-safe container; cover and freeze for up to 1 month.
- ☐ Garnish with mint sprigs, if desired.

## Nutrition Facts



## Properties

Glycemic Index:12.52, Glycemic Load:7.76, Inflammation Score:-1, Nutrition Score:0.79173912691033%

## Nutrients (% of daily need)

Calories: 53.36kcal (2.67%), Fat: 0.22g (0.34%), Saturated Fat: 0.11g (0.7%), Carbohydrates: 12.24g (4.08%), Net Carbohydrates: 12.19g (4.43%), Sugar: 12.15g (13.5%), Cholesterol: 0.98mg (0.33%), Sodium: 11.96mg (0.52%), Alcohol: 0.23g (100%), Alcohol %: 0.24% (100%), Caffeine: 10.73mg (3.58%), Protein: 0.67g (1.34%), Calcium: 28.26mg (2.83%), Phosphorus: 20.35mg (2.04%), Vitamin B12: 0.12µg (2%), Vitamin B2: 0.03mg (1.78%), Vitamin D: 0.22µg (1.44%)