



Celery Apple Granita

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



33 kcal

Ingredients

- 4 cups very celery coarsely chopped (from 1 bunch)
- 2 granny smith apples coarsely chopped
- 1 tablespoon tarragon chopped
- 0.7 cup water divided
- 1 C tablet vitamin c (1,000-mg) (ascorbic acid)
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Equipment

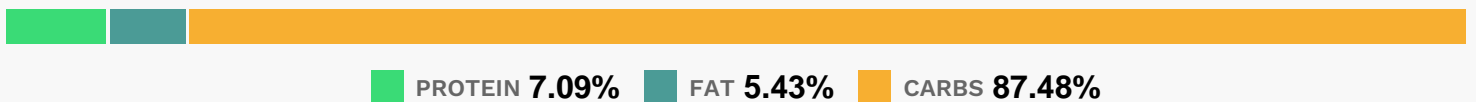
- food processor
- bowl

- sieve
- blender
- baking pan

Directions

- Crush vitamin C tablet in a bowl with back of a spoon, then line a sieve with dampened flour sack cloth and set over bowl.
- Purée apples with 1/3 cup water in a food processor (do not use a blender) until almost smooth, then pour into cloth. Bunch up cloth around mixture and squeeze as much clear juice as possible through cloth (about 1 1/2 cups). Discard solids remaining in cloth. Rinse and wring out cloth, then return to sieve.
- Purée tarragon with remaining 1/3 cup water in processor until water is deep green, then add celery and purée until almost smooth.
- Pour into lined sieve and squeeze out juices (about 1 1/2 cups) into bowl with apple juice. Stir in 1/2 teaspoon salt and 1/4 teaspoon pepper.
- Freeze mixture in an 8-inch square baking dish, scraping and stirring with a fork every 30 minutes, until frozen, at least 3 hours. (It will be too hard to scrape once fully frozen.)
- Granita can be made 2 days ahead (cover once frozen).
- Let stand at room temperature about 10 minutes and re-scrape before serving.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:2.14, Inflammation Score:-3, Nutrition Score:3.4013043655002%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.58mg, Luteolin: 0.58mg,

Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 33.31kcal (1.67%), Fat: 0.23g (0.35%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 8.22g (2.74%), Net Carbohydrates: 6.25g (2.27%), Sugar: 5.41g (6.01%), Cholesterol: 0mg (0%), Sodium: 42.38mg (1.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.33%), Vitamin K: 15.8µg (15.05%), Fiber: 1.96g (7.86%), Manganese: 0.14mg (6.88%), Potassium: 206.41mg (5.9%), Vitamin A: 288.07IU (5.76%), Folate: 21.94µg (5.49%), Vitamin C: 4.1mg (4.96%), Vitamin B6: 0.08mg (3.86%), Calcium: 33.49mg (3.35%), Vitamin B2: 0.05mg (3.08%), Magnesium: 11.06mg (2.77%), Iron: 0.44mg (2.43%), Phosphorus: 19.86mg (1.99%), Copper: 0.04mg (1.95%), Vitamin B5: 0.15mg (1.52%), Vitamin E: 0.22mg (1.46%), Vitamin B3: 0.28mg (1.41%), Vitamin B1: 0.02mg (1.37%)