



Champagne-Raspberry Granitas



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



495 min.

SERVINGS



6

CALORIES



165 kcal

DESSERT

Ingredients



0.8 cup champagne



2 tablespoons juice of lemon



6 servings mint leaves fresh for garnish, if desired



2 cups raspberries frozen organic thawed cascadian farm®



1 cup sugar



1.5 cups water

Equipment



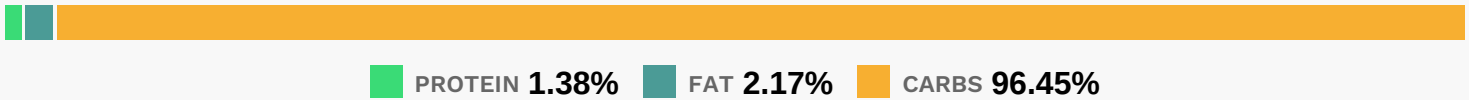
sauce pan

- ☐ blender
- ☐ aluminum foil

Directions

- ☐ In blender, puree raspberries and lemon juice until smooth. Set aside.
- ☐ In 2-quart saucepan, heat water, sugar and champagne over high heat to boiling. Reduce heat; simmer 1 to 2 minutes or until sugar is completely melted.
- ☐ Remove from heat. Stir in raspberry puree.
- ☐ Pour mixture into shallow dish; cover with foil. Freeze 8 hours.
- ☐ Remove dish from freezer; let stand at room temperature 5 minutes.
- ☐ Scrape frozen mixture with fork tines until fluffy. Scoop into serving dishes.
- ☐ Garnish with fresh mint.

Nutrition Facts



Properties

Glycemic Index:16.02, Glycemic Load:23.83, Inflammation Score:-3, Nutrition Score:3.1926086830056%

Flavonoids

Cyanidin: 18.31mg, Cyanidin: 18.31mg, Cyanidin: 18.31mg, Cyanidin: 18.31mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 165.39kcal (8.27%), Fat: 0.39g (0.6%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 38.8g (12.93%), Net Carbohydrates: 36.1g (13.13%), Sugar: 35.5g (39.44%), Cholesterol: 0mg (0%), Sodium: 6.12mg (0.27%), Alcohol: 1.89g (100%), Alcohol %: 1.42% (100%), Protein: 0.56g (1.11%), Vitamin C: 12.73mg (15.43%), Manganese: 0.28mg (14.08%), Fiber: 2.69g (10.78%), Magnesium: 13.44mg (3.36%), Vitamin K: 3.12µg (2.97%), Potassium: 97.87mg (2.8%), Copper: 0.06mg (2.76%), Folate: 10.84µg (2.71%), Iron: 0.47mg (2.59%), Vitamin E: 0.36mg (2.37%), Calcium: 17.49mg (1.75%), Phosphorus: 17.16mg (1.72%), Vitamin B2: 0.03mg (1.64%), Vitamin B6: 0.03mg (1.57%), Vitamin B3: 0.29mg (1.45%), Zinc: 0.21mg (1.43%), Vitamin B5: 0.14mg (1.42%), Vitamin A: 55.98IU (1.12%)