



Champagne-Raspberry Granitas



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



495 min.

SERVINGS



6

CALORIES



165 kcal

DESSERT

Ingredients



2 cups raspberries frozen organic thawed cascadian farm®



2 tablespoons juice of lemon



1.5 cups water



1 cup sugar



0.8 cup champagne



1 serving mint leaves fresh for garnish, if desired

Equipment



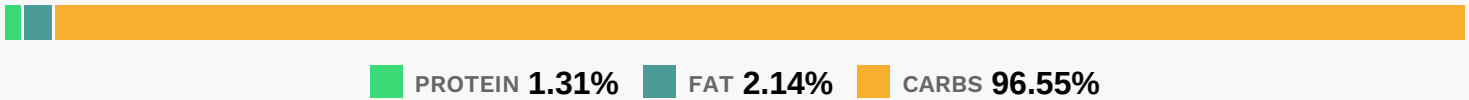
sauce pan

- ☐ 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:-2, Nutrition Score:3.0456521653611%

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: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 164.8kcal (8.24%), Fat: 0.38g (0.58%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 38.67g (12.89%), Net Carbohydrates: 36.05g (13.11%), Sugar: 35.5g (39.44%), Cholesterol: 0mg (0%), Sodium: 5.86mg (0.25%), Alcohol: 1.89g (100%), Alcohol %: 1.43% (100%), Protein: 0.52g (1.05%), Vitamin C: 12.47mg (15.11%), Manganese: 0.27mg (13.59%), Fiber: 2.63g (10.51%), Magnesium: 12.77mg (3.19%), Vitamin K: 3.12µg (2.97%), Potassium: 93.13mg (2.66%), Copper: 0.05mg (2.62%), Folate: 9.89µg (2.47%), Vitamin E: 0.36mg (2.37%), Iron: 0.42mg (2.35%), Phosphorus: 16.55mg (1.65%), Calcium: 15.47mg (1.55%), Vitamin B6: 0.03mg (1.52%), Vitamin B2: 0.03mg (1.51%), Vitamin B5: 0.14mg (1.39%), Vitamin B3: 0.28mg (1.38%), Zinc: 0.21mg (1.37%)