



Charentais Granita with Chantilly Cream

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



272 kcal

Ingredients

- ☐ 3 cups cubes charentais chilled peeled seeded
- ☐ 1.5 tablespoons orange peel finely grated
- ☐ 2 tablespoons powdered sugar
- ☐ 0.5 cup sugar
- ☐ 0.5 cup water
- ☐ 1 cup whipping cream chilled

Equipment

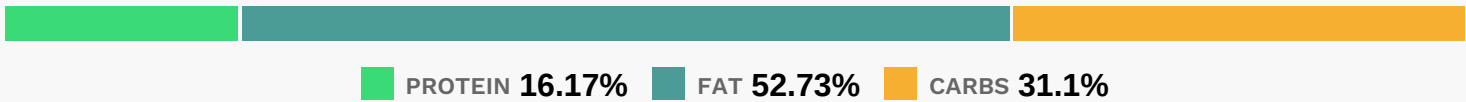
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Place sugar, 1/2 cup water, and orange peel in small saucepan. Bring to simmer over high heat, stirring to dissolve sugar. Reduce heat to medium. Simmer 1 minute.
- ☐ Pour into 8x8x2-inch metal pan and cool.
- ☐ Puree melon in processor until smooth but some texture remains. Measure scant 2 cups melon puree and add to syrup in pan.
- ☐ Whisk to blend. Freeze mixture until thoroughly frozen, about 4 hours, stirring with fork every 1 1/2 hours. Cover and keep frozen.
- ☐ Using electric mixer, beat cream and sugar in medium bowl until peaks form. Using fork, scrape granita into icy flakes. Spoon 2 rounded tablespoons granita into each of 6 glasses. Top granita with 1 rounded tablespoon whipped cream. Repeat layering with granita and whipped cream.
- ☐ Garnish with mint sprigs, if desired, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:11.64, Inflammation Score:-3, Nutrition Score:1.9521739040704%

Nutrients (% of daily need)

Calories: 271.93kcal (13.6%), Fat: 16.41g (25.25%), Saturated Fat: 9.12g (57.02%), Carbohydrates: 21.78g (7.26%), Net Carbohydrates: 21.62g (7.86%), Sugar: 21.41g (23.79%), Cholesterol: 75.36mg (25.12%), Sodium: 755mg (32.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.32g (22.65%), Vitamin A: 589.4IU (11.79%), Vitamin B2: 0.08mg (4.68%), Vitamin D: 0.63µg (4.23%), Calcium: 29.38mg (2.94%), Vitamin C: 2.28mg (2.76%), Vitamin E: 0.37mg (2.46%), Iron: 0.43mg (2.38%), Phosphorus: 23.32mg (2.33%), Selenium: 1.32µg (1.89%), Vitamin K: 1.27µg (1.21%), Potassium: 41.25mg (1.18%), Vitamin B5: 0.11mg (1.08%), Vitamin B12: 0.06µg (1.06%)