



## Cherry-Almond Granita

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



68 kcal

DESSERT

### Ingredients

- 0.8 teaspoon almond extract
- 0.5 cup almonds toasted sliced
- 1 pound cherries dark sweet frozen thawed
- 0.3 cup juice of lemon fresh ( 2 large lemons)
- 0.7 cup sugar
- 2 cups water

### Equipment

- bowl

- frying pan
- sauce pan
- sieve
- blender
- baking pan

## Directions

- Combine first 3 ingredients in a medium saucepan. Bring to a simmer over medium–high heat. Reduce heat to medium and simmer 12 minutes or until cherries are tender.
- Remove pan from heat; stir in almond extract.
- Transfer cherry mixture to a bowl. Cool 10 minutes.
- Place cherry mixture in a blender; add lemon juice, and process until smooth.
- Pour mixture through a sieve into a bowl, pressing with the back of a spoon to extract juice. Discard solids. Set bowl in a large ice–filled bowl until cold, stirring occasionally.
- Pour mixture into a 13 x 9–inch glass or ceramic baking dish. Cover and freeze until partially frozen (about 1 hour). Scrape with a fork, crushing any lumps. Freeze, scraping with a fork every hour, an additional 3 hours and 30 minutes or until completely frozen.
- Spoon granita into bowls; top evenly with almonds.

## Nutrition Facts



## Properties

Glycemic Index:6.38, Glycemic Load:6.71, Inflammation Score:-1, Nutrition Score:1.6865217374719%

## Flavonoids

Cyanidin: 8.64mg, Cyanidin: 8.64mg, Cyanidin: 8.64mg, Cyanidin: 8.64mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.43mg, Peonidin: 0.43mg, Peonidin: 0.43mg, Peonidin: 0.43mg Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.43mg, Epicatechin: 1.43mg, Epicatechin: 1.43mg, Epicatechin: 1.43mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

## **Nutrients (% of daily need)**

Calories: 67.97kcal (3.4%), Fat: 1.53g (2.35%), Saturated Fat: 0.12g (0.76%), Carbohydrates: 13.74g (4.58%), Net Carbohydrates: 12.78g (4.65%), Sugar: 12.19g (13.54%), Cholesterol: 0mg (0%), Sodium: 1.65mg (0.07%), Alcohol: 0.06g (100%), Alcohol %: 0.11% (100%), Protein: 0.92g (1.85%), Vitamin E: 0.76mg (5.08%), Manganese: 0.09mg (4.34%), Vitamin C: 3.46mg (4.19%), Fiber: 0.97g (3.86%), Magnesium: 11.43mg (2.86%), Copper: 0.05mg (2.63%), Vitamin B2: 0.04mg (2.62%), Potassium: 88.38mg (2.53%), Phosphorus: 20.1mg (2.01%), Calcium: 12.64mg (1.26%), Iron: 0.22mg (1.2%)