



Cherry-Merlot Granita



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



68 kcal

DESSERT

Ingredients

- ☐ 1 cup cherries dark sweet frozen pitted
- ☐ 1 cup ice cubes
- ☐ 1 cup merlot
- ☐ 1 large navel oranges
- ☐ 0.3 cup sugar
- ☐ 1 cup water

Equipment

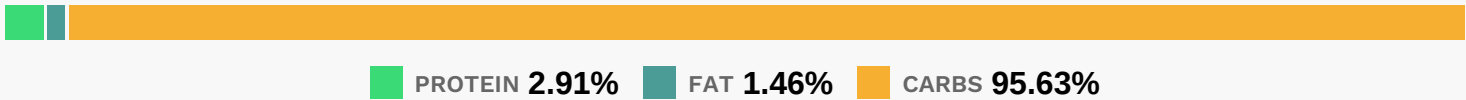
- ☐ frying pan

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Combine 1 cup water and sugar in a small saucepan. Bring to a boil; reduce heat, and simmer 3 minutes.
- ☐ Remove from heat; stir in ice cubes.
- ☐ While sugar mixture comes to a boil, grate rind, and squeeze juice from orange to measure 1 tablespoon and 1/2 cup, respectively.
- ☐ Place cherries and sugar mixture in a blender; process for 1 minute or until pureed, stopping as necessary to scrape sides. Stir in rind, juice, and 1 cup merlot; pour into an 8-inch square pan. Cover and freeze for 8 hours or until firm.
- ☐ Remove mixture from freezer; scrape entire mixture with a fork until fluffy.

Nutrition Facts



Properties

Glycemic Index:13.39, Glycemic Load:5, Inflammation Score:-2, Nutrition Score:1.7739130485317%

Flavonoids

Cyanidin: 5.21mg, Cyanidin: 5.21mg, Cyanidin: 5.21mg, Cyanidin: 5.21mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 3.83mg, Hesperetin: 3.83mg, Hesperetin: 3.83mg, Hesperetin: 3.83mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 67.99kcal (3.4%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 11.92g (3.97%), Net Carbohydrates: 11.17g (4.06%), Sugar: 10.12g (11.24%), Cholesterol: 0mg (0%), Sodium: 4.37mg (0.19%), Alcohol: 3.13g (100%), Alcohol %: 3.06% (100%), Protein: 0.36g (0.73%), Vitamin C: 11.55mg (14%), Potassium: 104.93mg (3%), Fiber: 0.75g (2.99%), Manganese: 0.06mg (2.82%), Magnesium: 7.95mg (1.99%), Vitamin B6: 0.04mg (1.95%), Folate: 6.93µg (1.73%), Copper: 0.03mg (1.52%), Vitamin B2: 0.02mg (1.47%), Phosphorus: 14.43mg (1.44%), Calcium: 13.96mg (1.4%), Iron: 0.22mg (1.24%), Vitamin B1: 0.02mg (1.2%), Vitamin A: 54.26IU (1.09%)