



Coffee and Almond Milk Granita



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



275 kcal

DESSERT

Ingredients

- ☐ 1.5 cups unblanched almonds whole
- ☐ 2.5 cups freshly coffee brewed
- ☐ 3 cups milk
- ☐ 0.7 cup sugar divided

Equipment

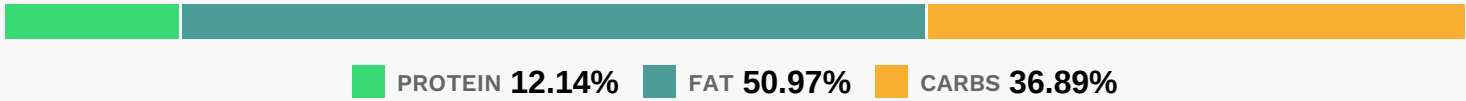
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan

- ☐ oven
- ☐ sieve
- ☐ loaf pan

Directions

- ☐ Preheat oven to 35
- ☐ Spread almonds on a baking sheet and toast in oven until browned and fragrant, about 8 minutes.
- ☐ Meanwhile, heat milk in a saucepan over high heat until hot. Stir in hot almonds and 1/3 cup sugar; let cool. Chill, covered, at least 8 hours or overnight.
- ☐ Pour almond-infused milk through a strainer into a metal loaf pan; discard nuts.
- ☐ In another metal loaf pan, stir coffee and remaining 1/3 cup sugar until sugar dissolves. Wrap both pans airtight; freeze. After 2 hours, stir slushy liquid with a fork, scraping sides of pans to create larger granita flakes. Return pans to freezer until completely frozen, about 4 hours.
- ☐ Chill 8 bowls.
- ☐ Remove pans from freezer 5 to 10 minutes before you want to serve granita. Using a fork, scrape tops of granita to break into flakes. Spoon about 1/2 cup coffee granita into each chilled bowl and 1/2 cup almond milk granita alongside.
- ☐ Make ahead: Up to 4 days.

Nutrition Facts



Properties

Glycemic Index:14.76, Glycemic Load:13.5, Inflammation Score:-5, Nutrition Score:11.811739096175%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg

0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 275.05kcal (13.75%), Fat: 16.38g (25.19%), Saturated Fat: 2.72g (17.01%), Carbohydrates: 26.66g (8.89%), Net Carbohydrates: 23.31g (8.48%), Sugar: 22.2g (24.67%), Cholesterol: 10.98mg (3.66%), Sodium: 36.69mg (1.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 29.63mg (9.88%), Protein: 8.77g (17.55%), Vitamin E: 6.92mg (46.11%), Manganese: 0.63mg (31.7%), Vitamin B2: 0.49mg (28.91%), Phosphorus: 223.6mg (22.36%), Magnesium: 85.6mg (21.4%), Calcium: 186.32mg (18.63%), Copper: 0.28mg (13.99%), Fiber: 3.35g (13.41%), Potassium: 370.41mg (10.58%), Vitamin B12: 0.49µg (8.23%), Zinc: 1.23mg (8.19%), Vitamin B1: 0.12mg (7.77%), Vitamin D: 1.01µg (6.71%), Vitamin B5: 0.66mg (6.55%), Vitamin B3: 1.21mg (6.04%), Iron: 1.01mg (5.61%), Vitamin B6: 0.09mg (4.66%), Selenium: 2.94µg (4.2%), Folate: 13.28µg (3.32%), Vitamin A: 148.5IU (2.97%)