



Cook the Book: Blueberry Orange Basil Granita



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



131 kcal

Ingredients

- ☐ 3 servings basil finely chopped to taste
- ☐ 2 cups blueberries
- ☐ 2 cups orange juice

Equipment

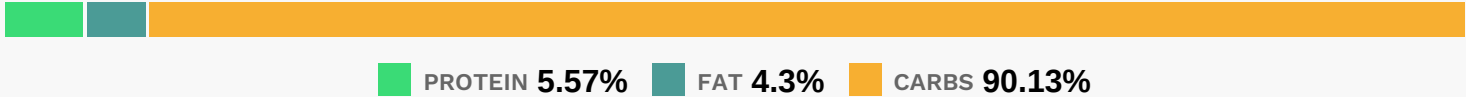
- ☐ food processor
- ☐ bowl
- ☐ sieve
- ☐ blender

- ☐ baking pan
- ☐ ice cream scoop

Directions

- ☐ Place the blueberries and orange juice in a food processor or blender and puree until smooth, then pour into fine-mesh strainer placed over a bowl, pressing the solids to extract the blueberry puree. Discard the seeds and skins. Stir in the finely chopped basil.
- ☐ Pour the mixture into a 9 by 12-inch baking dish and place in the freezer. Freeze for 3 to 4 hours, stirring with a fork every 30 minutes to break up the ice crystals, until the granita is almost completely frozen and the texture is like shaved ice. To serve, scrape the surface of the granita with a fork or ice cream scooper to create shaved crystals. Scoop into chilled glasses and serve immediately.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:13.56, Inflammation Score:-7, Nutrition Score:11.115652172462%

Flavonoids

Cyanidin: 8.35mg, Cyanidin: 8.35mg, Cyanidin: 8.35mg, Cyanidin: 8.35mg Petunidin: 31.11mg, Petunidin: 31.11mg, Petunidin: 31.11mg, Petunidin: 31.11mg Delphinidin: 34.96mg, Delphinidin: 34.96mg, Delphinidin: 34.96mg, Delphinidin: 34.96mg Malvidin: 66.69mg, Malvidin: 66.69mg, Malvidin: 66.69mg, Malvidin: 66.69mg Peonidin: 20.02mg, Peonidin: 20.02mg, Peonidin: 20.02mg, Peonidin: 20.02mg Catechin: 5.22mg, Catechin: 5.22mg, Catechin: 5.22mg, Catechin: 5.22mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Hesperetin: 19.76mg, Hesperetin: 19.76mg, Hesperetin: 19.76mg, Hesperetin: 19.76mg Naringenin: 3.54mg, Naringenin: 3.54mg, Naringenin: 3.54mg, Naringenin: 3.54mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg Myricetin: 1.37mg, Myricetin: 1.37mg, Myricetin: 1.37mg, Myricetin: 1.37mg Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 131.1kcal (6.56%), Fat: 0.67g (1.03%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 31.55g (10.52%), Net Carbohydrates: 28.82g (10.48%), Sugar: 23.72g (26.36%), Cholesterol: 0mg (0%), Sodium: 2.72mg (0.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.9%), Vitamin C: 92.6mg (112.24%), Vitamin K: 27.51µg (26.2%),

Manganese: 0.38mg (18.88%), Folate: 56.88µg (14.22%), Vitamin B1: 0.19mg (12.4%), Potassium: 412.54mg (11.79%), Fiber: 2.73g (10.92%), Vitamin A: 489.45IU (9.79%), Copper: 0.14mg (6.83%), Magnesium: 25.39mg (6.35%), Vitamin B6: 0.12mg (6.03%), Vitamin B3: 1.09mg (5.46%), Vitamin B2: 0.09mg (5.39%), Vitamin B5: 0.44mg (4.41%), Vitamin E: 0.64mg (4.3%), Phosphorus: 41.07mg (4.11%), Iron: 0.67mg (3.72%), Calcium: 27.65mg (2.76%), Zinc: 0.26mg (1.71%)