

Cranberry Granita



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



278 kcal

DESSERT

Ingredients

- ☐ 1 cup plus light
- ☐ 1 pound cranberries for garnish
- ☐ 10 servings mint sprigs fresh
- ☐ 0.5 cup orange juice
- ☐ 2 cups sugar
- ☐ 4 cups water cold

Equipment

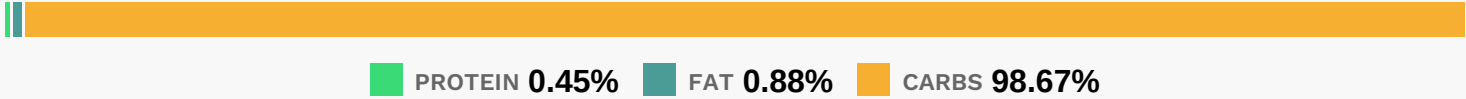
- ☐ bowl

☐ sauce pan

Directions

- ☐ Combine 4 cups cranberries and next 4 ingredients in heavy large saucepan. Bring to boil, stirring until sugar dissolves.
- ☐ Remove from heat, cover, and let steep 30 minutes. Working in batches, puree mixture in processor. Strain puree into large bowl, pressing to extract as much liquid as possible.
- ☐ Pour strained puree into 15x10x2-inch dish. Freeze 45 minutes. Using fork, stir to blend in any frozen portions. Freeze until granita has uniform slushy consistency, stirring every 45 minutes to incorporate frozen portions, about 5 hours. Cover and keep frozen up to 1 day.
- ☐ Using fork tines, scrape granita, forming icy flakes. Spoon into goblets.
- ☐ Garnish with cranberries and mint sprigs.

Nutrition Facts



Properties

Glycemic Index:18.61, Glycemic Load:35.27, Inflammation Score:-2, Nutrition Score:2.6195652303488%

Flavonoids

Cyanidin: 21.06mg, Cyanidin: 21.06mg, Cyanidin: 21.06mg, Cyanidin: 21.06mg Delphinidin: 3.48mg, Delphinidin: 3.48mg, Delphinidin: 3.48mg, Delphinidin: 3.48mg Malvidin: 0.2mg, Malvidin: 0.2mg, Malvidin: 0.2mg, Malvidin: 0.2mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 22.3mg, Peonidin: 22.3mg, Peonidin: 22.3mg, Peonidin: 22.3mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 1.98mg, Epicatechin: 1.98mg, Epicatechin: 1.98mg, Epicatechin: 1.98mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.58mg, Hesperetin: 1.58mg, Hesperetin: 1.58mg, Hesperetin: 1.58mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 3.01mg, Myricetin: 3.01mg, Myricetin: 3.01mg, Myricetin: 3.01mg Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg

Nutrients (% of daily need)

Calories: 277.65kcal (13.88%), Fat: 0.29g (0.45%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 72.91g (24.3%),
Net Carbohydrates: 71.17g (25.88%), Sugar: 69.09g (76.76%), Cholesterol: 0mg (0%), Sodium: 27.61mg (1.2%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.67%), Vitamin C: 12.87mg (15.6%), Manganese: 0.18mg
(8.92%), Fiber: 1.74g (6.95%), Vitamin E: 0.6mg (4.02%), Copper: 0.05mg (2.6%), Vitamin B1: 0.04mg (2.5%),
Vitamin K: 2.28µg (2.17%), Potassium: 67.92mg (1.94%), Vitamin A: 94.5IU (1.89%), Vitamin B5: 0.16mg (1.61%),
Vitamin B6: 0.03mg (1.61%), Magnesium: 6.17mg (1.54%), Calcium: 15.09mg (1.51%), Zinc: 0.22mg (1.48%), Vitamin
B2: 0.02mg (1.36%), Folate: 5.31µg (1.33%), Iron: 0.2mg (1.11%)