



Cranberry Granita in Almond Cookie Cups

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



211 kcal

DESSERT

Ingredients

- ☐ 1 Cups almond cookie
- ☐ 2 cups cranberries
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 cup orange juice fresh
- ☐ 1.5 cups sugar
- ☐ 3 cups water

Equipment

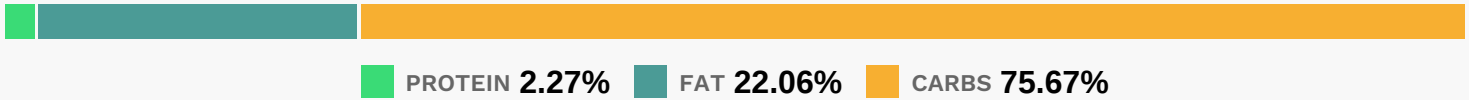
- ☐ food processor

- ☐ sauce pan
- ☐ baking pan

Directions

- ☐ Combine sugar and water in a medium saucepan, and stir well. Bring to a boil, and cook 1 minute or until sugar dissolves, stirring constantly.
- ☐ Let sugar syrup cool completely.
- ☐ Combine cranberries and juices in a food processor, and process until pureed.
- ☐ Combine pureed mixture and cooled sugar syrup in a 13 x 9-inch baking dish; stir well. Cover and freeze at least 8 hours or until firm.
- ☐ Remove mixture from freezer; scrape entire mixture with the tines of a fork until fluffy.
- ☐ Serve in Almond Cookie Cups.
- ☐ Garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:19.26, Glycemic Load:26.52, Inflammation Score:-2, Nutrition Score:2.8917391015136%

Flavonoids

Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin

Calories: 211.02kcal (10.55%), Fat: 5.3g (8.15%), Saturated Fat: 1.6g (10.02%), Carbohydrates: 40.9g (13.63%), Net Carbohydrates: 40.01g (14.55%), Sugar: 30.92g (34.35%), Cholesterol: 0mg (0%), Sodium: 73.29mg (3.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.45%), Vitamin C: 9.47mg (11.48%), Manganese: 0.15mg (7.37%), Vitamin B1: 0.08mg (5.47%), Folate: 20.25µg (5.06%), Vitamin E: 0.71mg (4.75%), Vitamin B2: 0.07mg (4.34%), Iron: 0.66mg (3.68%), Fiber: 0.89g (3.57%), Vitamin B3: 0.71mg (3.55%), Vitamin K: 3.01µg (2.87%), Copper: 0.04mg (2.18%), Selenium: 1.4µg (2.01%), Phosphorus: 17.01mg (1.7%), Potassium: 57.09mg (1.63%), Vitamin B6: 0.03mg (1.5%), Magnesium: 5.79mg (1.45%), Vitamin B5: 0.14mg (1.35%)