



Cranberry Granita in Almond Cookie Cups

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



179 kcal

SIDE DISH

Ingredients

- 1 Cup almonds
- 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:14.76, Glycemic Load:18.74, Inflammation Score:0, Nutrition Score:5.0078260587609%

Flavonoids

Cyanidin: 8.03mg, Cyanidin: 8.03mg, Cyanidin: 8.03mg, Cyanidin: 8.03mg 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: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 1.97mg, Hesperetin: 1.97mg, Hesperetin: 1.97mg, Hesperetin: 1.97mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 178.68kcal (8.93%), Fat: 6.08g (9.36%), Saturated Fat: 0.46g (2.87%), Carbohydrates: 30.9g (10.3%), Net Carbohydrates: 28.77g (10.46%), Sugar: 27.18g (30.2%), Cholesterol: 0mg (0%), Sodium: 3.81mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.39%), Vitamin E: 3.28mg (21.88%), Manganese: 0.34mg (16.77%), Vitamin C: 9.47mg (11.48%), Magnesium: 35.21mg (8.8%), Vitamin B2: 0.15mg (8.69%), Fiber: 2.13g (8.5%), Copper: 0.15mg (7.43%), Phosphorus: 61.32mg (6.13%), Calcium: 36.86mg (3.69%), Potassium: 127.08mg (3.63%), Iron: 0.52mg (2.88%), Zinc: 0.4mg (2.69%), Vitamin B3: 0.49mg (2.47%), Vitamin B1: 0.04mg (2.46%), Folate: 9.53µg (2.38%), Vitamin B6: 0.03mg (1.61%), Vitamin B5: 0.13mg (1.31%)