



Cranberry Granita with Orange Whipped Cream

 Gluten Free

READY IN



260 min.

SERVINGS



6

CALORIES



332 kcal

DESSERT

Ingredients

- ☐ 2 cups cranberry juice cocktail
- ☐ 0.3 teaspoon ground cloves (scant)
- ☐ 0.5 cup orange juice
- ☐ 1.5 teaspoons orange peel grated
- ☐ 0.5 cup sugar
- ☐ 0.8 cup whipping cream chilled
- ☐ 1.5 cups cranberry sauce cooked

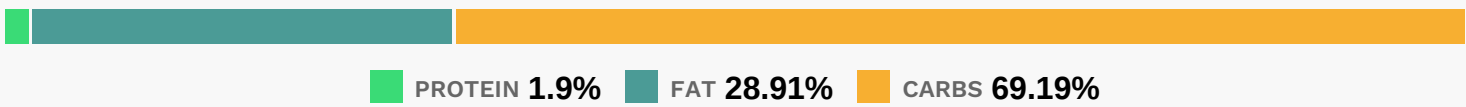
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Bring cranberry juice, 1/2 cup sugar, and cloves to boil in small saucepan, stirring often; set aside. Puree cranberry sauce in processor; add juice mixture and puree.
- ☐ Pour mixture into 8x8-inch baking dish; freeze until firm, at least 4 hours.
- ☐ Boil orange juice and 2 tablespoons sugar in small saucepan until reduced to 1/4 cup, stirring occasionally, about 4 minutes.
- ☐ Mix in peel. Cool orange syrup.
- ☐ Whisk cream and 3 tablespoons orange syrup in medium bowl to soft peaks. Scrape tines of fork across frozen cranberry mixture, forming flakes. Mound generous 1/2 cup granita to 1 side in each of 6 glasses. Mound 1/4 cup whipped cream on opposite sides.
- ☐ Drizzle remaining orange syrup over cream in each.

Nutrition Facts



Properties

Glycemic Index:30.35, Glycemic Load:19.56, Inflammation Score:-5, Nutrition Score:5.3717392035153%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg

Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg
Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 2.09mg,
Myricetin: 2.09mg, Myricetin: 2.09mg, Myricetin: 2.09mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin:
3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 332.17kcal (16.61%), Fat: 11.04g (16.98%), Saturated Fat: 6.86g (42.9%), Carbohydrates: 59.44g (19.81%),
Net Carbohydrates: 58.55g (21.29%), Sugar: 51.54g (57.26%), Cholesterol: 33.62mg (11.21%), Sodium: 13.84mg
(0.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.26%), Vitamin C: 47.56mg (57.65%), Vitamin A:
517.04IU (10.34%), Vitamin E: 1.13mg (7.51%), Manganese: 0.14mg (6.82%), Vitamin B2: 0.08mg (4.74%), Fiber: 0.89g
(3.57%), Vitamin D: 0.48µg (3.17%), Potassium: 103.25mg (2.95%), Calcium: 28.04mg (2.8%), Vitamin K: 2.91µg
(2.78%), Iron: 0.46mg (2.58%), Phosphorus: 24.6mg (2.46%), Vitamin B1: 0.04mg (2.39%), Selenium: 1.47µg (2.1%),
Folate: 8.26µg (2.07%), Copper: 0.04mg (2.05%), Magnesium: 6.93mg (1.73%), Vitamin B5: 0.16mg (1.62%), Vitamin
B6: 0.03mg (1.48%), Vitamin B3: 0.21mg (1.06%)