



Cranberry-Herbal Tea Granita



Vegetarian



Dairy Free

READY IN



335 min.

SERVINGS



8

CALORIES



110 kcal

DESSERT

Ingredients

- ☐ 5 cloves whole
- ☐ 1 slice cranberry-orange relish
- ☐ 2 cups water
- ☐ 0.5 cup sugar
- ☐ 1 stick cinnamon
- ☐ 3 lemon zest red with hibiscus, rose hips and lemongrass flavored
- ☐ 1.5 cups cranberry juice cocktail
- ☐ 1.5 cups pineapple juice

- ☐ 1 serving fruit fresh
- ☐ 1 serving vanilla wafers thin

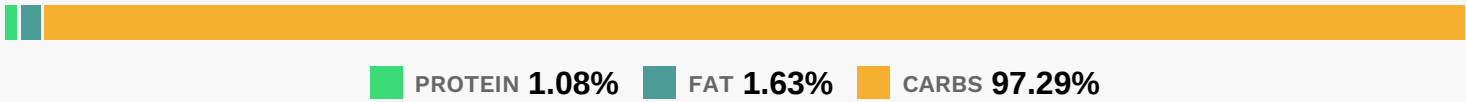
Equipment

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

Directions

- ☐ Insert cloves into peel of orange slice. In 2-quart saucepan, heat water, sugar, cinnamon and orange slice to boiling, stirring occasionally.
- ☐ Remove from heat; add tea bags. Cover; let steep 5 minutes.
- ☐ Remove tea bags, cinnamon stick and orange slice.
- ☐ Stir cranberry and pineapple juices into tea.
- ☐ Pour into 2-quart nonmetal bowl or 8-inch square glass baking dish. Cover; freeze about 2 hours or until partially frozen. Stir with fork or wire whisk. Cover; freeze 3 hours longer, stirring every 30 minutes and breaking up any large chunks.
- ☐ Remove granita from freezer 20 minutes before serving. Spoon into stemmed glasses.
- ☐ Garnish with fruit and cookies.

Nutrition Facts



Properties

Glycemic Index:37.57, Glycemic Load:15.29, Inflammation Score:-2, Nutrition Score:3.68304349806%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg

Hesperetin: 0.48mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 109.52kcal (5.48%), Fat: 0.21g (0.32%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 27.81g (9.27%), Net Carbohydrates: 26.93g (9.79%), Sugar: 24.51g (27.24%), Cholesterol: 0mg (0%), Sodium: 6.68mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.62%), Vitamin C: 28.67mg (34.75%), Manganese: 0.4mg (20.11%), Fiber: 0.88g (3.53%), Copper: 0.06mg (3.08%), Vitamin B6: 0.05mg (2.64%), Potassium: 87.63mg (2.5%), Folate: 9.25µg (2.31%), Vitamin B1: 0.03mg (2.08%), Magnesium: 8.22mg (2.05%), Calcium: 18.7mg (1.87%), Iron: 0.31mg (1.71%), Vitamin K: 1.6µg (1.53%), Vitamin A: 57.29IU (1.15%), Vitamin B2: 0.02mg (1.09%)