



Cranberry Ice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



72 kcal

SIDE DISH

Ingredients

- ☐ 2 cups 1/4 cup dried cranberry (juice sweetened if possible) 100%
- ☐ 0.3 cup juice of lemon fresh 2 large lemons
- ☐ 0.3 cup seltzer water
- ☐ 0.3 cup sugar

Equipment

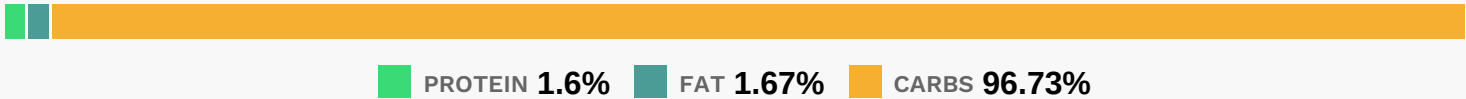
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

☐ baking pan

Directions

- ☐ Combine cranberry juice and sugar in a medium saucepan. Cook over medium heat 3 minutes or just until sugar dissolves, stirring once.
- ☐ Place pan in a large ice-filled bowl; cool completely, stirring occasionally.
- ☐ Stir in lemon juice and sparkling water.
- ☐ Pour mixture into a 13 x 9-inch glass or ceramic baking dish. Cover and freeze until firm (about 2 hours).
- ☐ Remove mixture from freezer; scrape entire mixture with a fork until fluffy.

Nutrition Facts



Properties

Glycemic Index:18.01, Glycemic Load:11.55, Inflammation Score:-1, Nutrition Score:1.5739130228758%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 71.84kcal (3.59%), Fat: 0.15g (0.22%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 18.91g (6.3%), Net Carbohydrates: 18.81g (6.84%), Sugar: 18.47g (20.52%), Cholesterol: 0mg (0%), Sodium: 3.4mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.62%), Vitamin C: 10.1mg (12.24%), Vitamin E: 0.88mg (5.87%), Vitamin K: 3.69µg (3.51%), Copper: 0.04mg (2.12%), Vitamin B6: 0.04mg (2.08%), Potassium: 65mg (1.86%), Magnesium: 4.94mg (1.24%), Iron: 0.19mg (1.07%), Phosphorus: 10.09mg (1.01%)