



Cranberry-Jalapeño Granita



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



144 kcal

DESSERT

Ingredients



2 cups cranberry juice cocktail



1 jalapeno sliced



2 tablespoons juice of lime fresh



20 inch mint leaves ()



0.3 cup sugar

Equipment



sauce pan



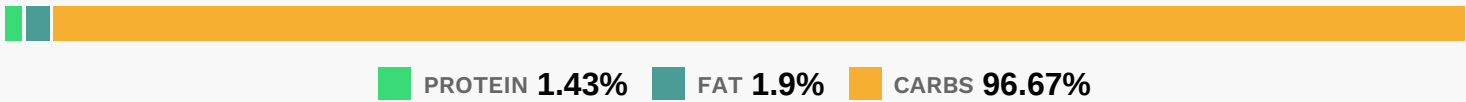
sieve

☐ baking pan

Directions

- ☐ Combine first 4 ingredients in a small saucepan; bring to a boil. Cover and remove from heat; let stand 15 minutes. Strain cranberry mixture through a fine mesh sieve into an 11 x 7-inch baking dish; discard solids. Cool to room temperature; stir in lime juice. Cover and freeze for about 45 minutes. Stir cranberry mixture every 45 minutes until completely frozen (about 3 hours).
- ☐ Remove mixture from freezer; scrape entire mixture with a fork until fluffy.

Nutrition Facts



Properties

Glycemic Index:40.52, Glycemic Load:21.92, Inflammation Score:-6, Nutrition Score:6.1547827176426%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg Eriodictyol: 4.09mg, Eriodictyol: 4.09mg, Eriodictyol: 4.09mg, Eriodictyol: 4.09mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.7mg, Apigenin: 0.7mg, Apigenin: 0.7mg, Apigenin: 0.7mg Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 144.26kcal (7.21%), Fat: 0.32g (0.49%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 36.43g (12.14%), Net Carbohydrates: 35.28g (12.83%), Sugar: 31.96g (35.51%), Cholesterol: 0mg (0%), Sodium: 6.89mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.08%), Vitamin C: 63.95mg (77.51%), Vitamin A: 591.1IU (11.82%), Manganese: 0.22mg (10.77%), Fiber: 1.14g (4.58%), Iron: 0.8mg (4.42%), Folate: 16.17µg (4.04%), Calcium: 36.29mg (3.63%), Magnesium: 12.55mg (3.14%), Potassium: 107.76mg (3.08%), Copper: 0.06mg (2.96%), Vitamin E: 0.42mg (2.8%), Vitamin B2: 0.04mg (2.38%), Vitamin K: 1.96µg (1.86%), Vitamin B6: 0.03mg (1.69%), Vitamin B3: 0.32mg (1.62%), Vitamin B5: 0.13mg (1.29%), Zinc: 0.19mg (1.28%), Phosphorus: 12.5mg (1.25%)