

Espresso Granita



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



77 kcal

DESSERT

Ingredients

- 3 tablespoons espresso powder instant
- 2.3 inch lemon zest
- 0.3 cup sugar
- 4 servings whipped cream

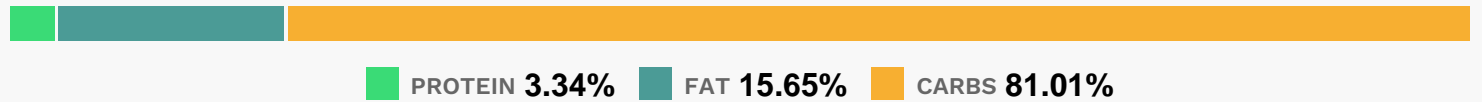
Equipment

- frying pan
- sauce pan

Directions

- In a saucepan combine the sugar, the zest, and 1 1/2 cups water and bring the mixture to a boil, stirring until the sugar is dissolved.
- Remove the pan from the heat, stir in the espresso powder, and let the mixture cool. Discard the zest, transfer the mixture to a metal ice-cube tray without the dividers or th a shallow metal pan, and freeze it, stirring and crushing the lumps with a fork every 30 minutes, for 2 to 3 hours, or until it is firm but not frozen hard. The granita may be made 2 days in advance and kept frozen, covered.
- Let the granita soften lightly before continuing with the recipe. Scrape the granita with a fork to lighten the texture, divide it among 4 chilled dessert dishes, and top each serving with some of the whipped cream.

Nutrition Facts



Properties

Glycemic Index:31.27, Glycemic Load:9.14, Inflammation Score:-1, Nutrition Score:1.2043478326953%

Nutrients (% of daily need)

Calories: 77.45kcal (3.87%), Fat: 1.4g (2.15%), Saturated Fat: 0.84g (5.24%), Carbohydrates: 16.26g (5.42%), Net Carbohydrates: 16.1g (5.86%), Sugar: 13.01g (14.46%), Cholesterol: 4.56mg (1.52%), Sodium: 2.08mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 117.75mg (39.25%), Protein: 0.67g (1.34%), Vitamin B3: 1.07mg (5.34%), Potassium: 144.11mg (4.12%), Magnesium: 13.14mg (3.28%), Manganese: 0.06mg (3.24%), Vitamin C: 1.84mg (2.23%), Phosphorus: 16.87mg (1.69%), Calcium: 13.39mg (1.34%), Iron: 0.19mg (1.03%)