



Espresso Granita

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



140 kcal

DESSERT

Ingredients

- 6 servings bittersweet chocolate
- 0.5 cup cup heavy whipping cream chilled
- 2 cups strong coffee decoction hot
- 0.5 cup sugar
- 1 teaspoon vanilla extract

Equipment

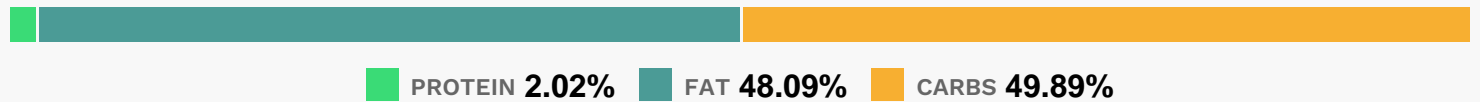
- bowl
- baking pan

aluminum foil

Directions

- Stir espresso, 1/2 cup sugar, and vanilla in a medium bowl until sugar dissolves.
- Pour into a 9 x 9 x 2" metal baking pan. Freeze for 1 hour. Stir, mashing any frozen parts with the back of a fork. Cover; freeze until firm, about 2 hours. Using a fork, scrape granita vigorously to form icy flakes. DO AHEAD: Can be made 3 days ahead. Cover tightly with foil; keep frozen. Give it a quick scrape before serving.
- Beat cream and remaining 1 tablespoon sugar in a large bowl until peaks form. Divide granita among bowls or glasses. Top with whipped cream and garnish with chocolate shavings.

Nutrition Facts



Properties

Glycemic Index: 11.68, Glycemic Load: 11.64, Inflammation Score: -2, Nutrition Score: 1.4682608654966%

Flavonoids

Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg
Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg
Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg
Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 140.1kcal (7.01%), Fat: 7.61g (11.71%), Saturated Fat: 4.78g (29.9%), Carbohydrates: 17.77g (5.92%), Net Carbohydrates: 17.69g (6.43%), Sugar: 17.66g (19.63%), Cholesterol: 22.47mg (7.49%), Sodium: 7.26mg (0.32%), Alcohol: 0.23g (100%), Alcohol %: 0.25% (100%), Caffeine: 32.46mg (10.82%), Protein: 0.72g (1.44%), Vitamin B2: 0.1mg (5.98%), Vitamin A: 292.05IU (5.84%), Vitamin B5: 0.25mg (2.54%), Vitamin D: 0.32µg (2.12%), Potassium: 64.54mg (1.84%), Manganese: 0.03mg (1.69%), Phosphorus: 16.51mg (1.65%), Calcium: 15.53mg (1.55%), Magnesium: 5.6mg (1.4%), Vitamin E: 0.2mg (1.31%), Selenium: 0.78µg (1.11%), Vitamin B1: 0.02mg (1.03%)