



Raspberry-Champagne Granita

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



165 kcal

DESSERT

Ingredients

- 0.8 cup champagne
- 2 tablespoons juice of lime fresh
- 2 cups raspberries fresh
- 1 cup sugar
- 1.5 cups water

Equipment

- sauce pan
- blender

baking pan

Directions

- Place the raspberries and lime juice in a blender; process until smooth.
- Combine water, sugar, and champagne in a medium saucepan; bring to a boil. Reduce heat; simmer 1 minute or until sugar melts.
- Remove from heat; stir in raspberry pure.
- Pour the mixture into a large, shallow baking dish. Cover and freeze 8 hours.
- Remove dish from freezer, and let stand for 5 minutes. Scrape entire mixture with a fork until fluffy.

Nutrition Facts

PROTEIN 1.3% FAT 2.08% CARBS 96.62%

Properties

Glycemic Index:16.02, Glycemic Load:23.83, Inflammation Score:-2, Nutrition Score:3.0013043569482%

Flavonoids

Cyanidin: 18.31mg, Cyanidin: 18.31mg, Cyanidin: 18.31mg, Cyanidin: 18.31mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 164.84kcal (8.24%), Fat: 0.37g (0.57%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 38.73g (12.91%), Net Carbohydrates: 36.11g (13.13%), Sugar: 35.46g (39.4%), Cholesterol: 0mg (0%), Sodium: 5.86mg (0.25%), Alcohol: 1.89g (100%), Alcohol %: 1.43% (100%), Protein: 0.52g (1.04%), Vitamin C: 11.98mg (14.52%), Manganese: 0.27mg (13.51%), Fiber: 2.62g (10.48%), Magnesium: 12.74mg (3.19%), Vitamin K: 3.15µg (3%), Potassium: 92.88mg (2.65%),

Copper: 0.05mg (2.62%), Vitamin E: 0.36mg (2.39%), Iron: 0.42mg (2.31%), Folate: 9.19µg (2.3%), Phosphorus: 16.73mg (1.67%), Calcium: 15.46mg (1.55%), Vitamin B6: 0.03mg (1.49%), Vitamin B2: 0.03mg (1.48%), Vitamin B3: 0.28mg (1.38%), Vitamin B5: 0.14mg (1.38%), Zinc: 0.2mg (1.37%)