



Fresh Fruit Ice Trio: Lime, Watermelon & Pineapple



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



152 kcal

SIDE DISH

Ingredients

- ☐ 1 juice of lime
- ☐ 0.5 cup juice of lime fresh (6 limes)
- ☐ 3 lime zest finely grated
- ☐ 3 cups pineapple cored peeled chopped
- ☐ 0.5 cup sugar
- ☐ 2 cups water
- ☐ 4 cups watermelon whole seedless chopped (3 pounds fruit)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ plastic wrap
- ☐ baking pan

Directions

- ☐ LIME
- ☐ Prepare a Simple Syrup
- ☐ Combine the sugar and water in a saucepan set over medium heat. Stir until the sugar has completely dissolved.
- ☐ Remove from the heat and allow the syrup to cool.
- ☐ Add the Lime Juice and Freeze
- ☐ Pour the simple syrup and lime juice in a 9 by 11-inch nonreactive baking pan and stir in the lime zest. Cover the pan with plastic wrap and place in the freezer.
- ☐ After 1 hour, stir the mixture well, using a fork. Return to the freezer for another hour, then stir again. Allow the mixture to freeze for at least 6 hours or overnight (it is not necessary to continue stirring after you have done it twice).
- ☐ Serve
- ☐ Remove the pan from the freezer and allow it to sit at room temperature for about 5 minutes. Using a fork, scrape the fruit ice and serve it in a small bowl.
- ☐ WATERMELON
- ☐ Prepare a Simple Syrup
- ☐ Combine the sugar and water in a saucepan set over medium heat. Stir until the sugar has completely dissolved.
- ☐ Remove from the heat and allow the syrup to cool.
- ☐ Puree the Watermelon and Freeze

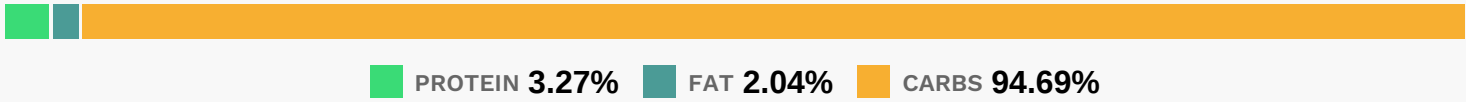
- ☐ Puree the watermelon chunks (it is fine if small seeds are still attached) in a blender until smooth.
- ☐ Pour the simple syrup, lime juice, and watermelon puree in a 9 by 11-inch nonreactive baking pan and stir well. Cover the pan with plastic wrap and place in the freezer.
- ☐ After 1 hour, stir the mixture well, using a fork. Return to the freezer for another hour, then stir again. This time allow the mixture to freeze for at least 6 hours or overnight (it is not necessary to continue stirring after you have done it twice).
- ☐ Serve
- ☐ Remove the pan from the freezer and allow it to sit at room temperature for about 5 minutes. Using a fork, scrape the fruit ice and serve it in a small bowl.
- ☐ PINEAPPLE
- ☐ Prepare a Simple Syrup
- ☐ Combine the sugar and water in a saucepan set over medium heat. Stir until the sugar has completely dissolved.
- ☐ Remove from the heat and allow the syrup to cool.
- ☐ Puree the Pineapple and Freeze
- ☐ Puree the pineapple chunks in a blender until smooth.
- ☐ Pour the simple syrup and pineapple puree in a 9 by 11-inch nonreactive baking pan and stir well. Cover the pan with plastic wrap and place in the freezer.
- ☐ After 1 hour, stir the mixture well using a fork. Return to the freezer for another hour, then stir again. This time allow the mixture to freeze for at least 6 hours or overnight (it is not necessary to continue stirring after you have done it twice).
- ☐ Serve
- ☐ Remove the pan from the freezer and allow it to sit at room temperature for about 5 minutes. Using a fork, scrape the fruit ice and serve it in a small bowl.
- ☐ COOKING NOTES
- ☐ TECHNIQUESMaking Simple Syrup
- ☐ Simple syrup is the name given to sugar dissolved in water. It is not enough to just stir some sugar in water; it has to be lightly heated so that the sugar actually dissolves. This is done to avoid a gritty texture. ADVANCE PREPARATIONThis is definitely a recipe that must be prepared ahead of time because the ices need several hours to freeze properly. After the ices have been frozen, they can be scraped, placed in airtight containers, and frozen until

needed—the texture will be fine. The frozen ices can be kept in the freezer for a few weeks. If you are keeping your ices frozen, prevent the ice from absorbing flavors from the freezer by completely wrapping the storage containers with plastic wrap. This will ensure an airtight environment.

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Nutrition Facts



Properties

Glycemic Index:39.24, Glycemic Load:23.53, Inflammation Score:-6, Nutrition Score:9.3204348761102%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 16.66mg, Hesperetin: 16.66mg, Hesperetin: 16.66mg, Hesperetin: 16.66mg Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 152.16kcal (7.61%), Fat: 0.39g (0.6%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 40.69g (13.56%), Net Carbohydrates: 38.1g (13.85%), Sugar: 32.03g (35.59%), Cholesterol: 0mg (0%), Sodium: 7.12mg (0.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.81%), Vitamin C: 64.94mg (78.72%), Manganese: 0.81mg (40.56%), Vitamin A: 653.77IU (13.08%), Fiber: 2.6g (10.4%), Copper: 0.18mg (8.78%), Vitamin B6: 0.16mg (8.1%), Vitamin B1: 0.12mg (7.66%), Potassium: 267.37mg (7.64%), Magnesium: 24.85mg (6.21%), Folate: 23.09µg (5.77%), Vitamin B5: 0.5mg (5.03%), Iron: 0.71mg (3.97%), Vitamin B2: 0.06mg (3.61%), Calcium: 34.93mg (3.49%), Vitamin B3: 0.7mg (3.48%), Phosphorus: 27.3mg (2.73%), Zinc: 0.27mg (1.78%), Vitamin E: 0.2mg (1.31%), Selenium: 0.75µg (1.07%)