



Fresh Strawberry Granita



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



137 kcal

DESSERT

Ingredients



3 cups strawberries plus additional berries whole hulled sliced for garnish (1 pound berries)



2 tablespoons juice of lemon fresh



0.8 cup sugar



1 cup water hot

Equipment



bowl

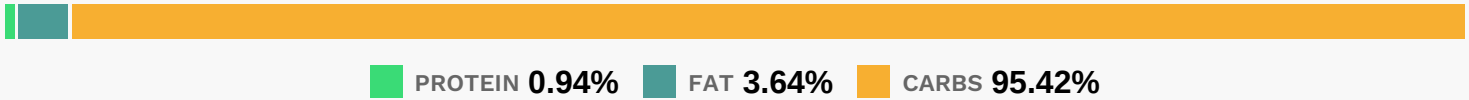


baking pan

Directions

- ☐ Stir first 3 ingredients in small bowl until sugar dissolves. Blend 3 cups strawberries in processor until smooth.
- ☐ Add sugar syrup and blend until combined.
- ☐ Pour mixture into 13x9x2-inch nonstick metal baking pan. Freeze until icy around edges, about 25 minutes. Using fork, stir icy portions into middle of pan. Freeze until mixture is frozen, stirring edges into center every 20 to 30 minutes, about 1 1/2 hours. Using fork, scrape granita into flaky crystals. Cover tightly and freeze. (Can be made 1 day ahead. Keep frozen.) Scrape granita into bowls.
- ☐ Garnish with berries and serve.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:17.45, Inflammation Score:-2, Nutrition Score:2.2865217846373%

Flavonoids

Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 1.37mg, Myricetin: 1.37mg, Myricetin: 1.37mg, Myricetin: 1.37mg Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg

Nutrients (% of daily need)

Calories: 136.88kcal (6.84%), Fat: 0.59g (0.9%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 34.7g (11.57%), Net Carbohydrates: 32.59g (11.85%), Sugar: 31.62g (35.14%), Cholesterol: 0mg (0%), Sodium: 3.05mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.69%), Vitamin K: 12.71µg (12.1%), Fiber: 2.11g (8.43%), Manganese: 0.12mg (5.78%), Vitamin C: 3.87mg (4.69%), Vitamin E: 0.38mg (2.53%), Vitamin B6: 0.05mg (2.4%), Vitamin B3: 0.41mg (2.04%), Vitamin B2: 0.03mg (2.01%), Vitamin B1: 0.03mg (1.73%), Copper: 0.03mg (1.72%), Folate: 6.43µg (1.61%), Potassium: 47.5mg (1.36%), Magnesium: 4.57mg (1.14%), Vitamin B5: 0.1mg (1.03%)