



Ginger Shaved Ice with Apricots and Sweetened Condensed Milk



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



249 kcal

SIDE DISH

Ingredients

- ☐ 3 apricots sliced
- ☐ 0.5 cup ginger fresh unpeeled coarsely chopped ()
- ☐ 4 small mint sprigs
- ☐ 0.8 cup sugar
- ☐ 0.3 cup condensed milk sweetened

Equipment

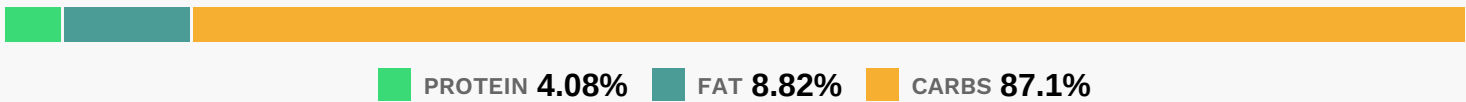
- ☐ food processor

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ aluminum foil

Directions

- ☐ Bring 1 1/2 cups water and the sugar to a boil in a medium saucepan, stirring to dissolve sugar.
- ☐ Remove syrup from heat.
- ☐ Meanwhile, whirl ginger in a food processor to mince.
- ☐ Add 3/4 cup water and whirl about 1 minute to extract juice.
- ☐ Pour mixture into a fine strainer set over a bowl and press to extract liquid; discard ginger. Stir liquid into syrup, pour 1/2 cup of mixture into a small bowl, and pour the rest into a 9- by 13- in. pan.
- ☐ Let liquids cool. Chill the 1/2 cup ginger liquid, covered, until used.
- ☐ Cover pan with foil and freeze until slushy at edges, about 2 hours. Stir well with a fork, breaking up any lumps, then freeze until solid, at least 3 hours.
- ☐ Meanwhile, stir apricots into liquid in bowl, then chill at least 30 minutes and up to 2 hours, stirring occasionally.
- ☐ Scrape frozen mixture with a fork to make large flakes. Spoon ginger ice into bowls and drizzle each with some sweetened condensed milk.
- ☐ Drain apricots, then spoon over desserts.
- ☐ Garnish with mint sprigs.

Nutrition Facts



Properties

Glycemic Index:46.94, Glycemic Load:35.92, Inflammation Score:-5, Nutrition Score:3.7460869434087%

Flavonoids

Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 249.13kcal (12.46%), Fat: 2.54g (3.91%), Saturated Fat: 1.43g (8.96%), Carbohydrates: 56.42g (18.81%), Net Carbohydrates: 55.57g (20.21%), Sugar: 53.93g (59.92%), Cholesterol: 8.67mg (2.89%), Sodium: 34.89mg (1.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.28%), Vitamin A: 616.14IU (12.32%), Calcium: 80.56mg (8.06%), Vitamin B2: 0.13mg (7.67%), Phosphorus: 75.36mg (7.54%), Potassium: 218.83mg (6.25%), Selenium: 4.11µg (5.87%), Vitamin C: 4.21mg (5.1%), Magnesium: 15.22mg (3.8%), Fiber: 0.85g (3.38%), Manganese: 0.06mg (3.12%), Copper: 0.06mg (2.87%), Vitamin B5: 0.28mg (2.82%), Vitamin B6: 0.05mg (2.38%), Zinc: 0.35mg (2.32%), Vitamin B1: 0.03mg (2.31%), Vitamin E: 0.31mg (2.04%), Folate: 7.63µg (1.91%), Vitamin B12: 0.11µg (1.87%), Iron: 0.29mg (1.62%), Vitamin B3: 0.32mg (1.59%)